Wednesday's Jackpot
$3,500,000 estimated
LOTTO 649

THE WAIT IS OVER FOR GLEEKS
DIFFERENT TUNE FOR SEASON 2 {page 23}

FLUKE? OR HAVE THE JAYS FOUND A GEM? {page 53}

TORONTO metro®
Tuesday, September 21, 2010
www.metronews.ca

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▶ Julia Roberts accepts her award last night.

CARLOS ALVAREZ/GETTY IMAGES

A pretty accomplished woman

Actress Julia Roberts received the Donosti Lifetime Achievement Award during the 58th San Sebastian International Film Festival at the Kursaal Palace in San Sebastian, Spain, last night.

It is called 'public' transit

Coalition wouldn't say which mayoral candidates' plans it hopes to thwart ◐ Group was formed around Mayor David Miller's fight to save Transit City plan

A new ad campaign and website is trying to warn Toronto's mayoral candidates off the idea of privatizing the TTC.

A group called the Public Transit Coalition has spent $500,000 donated by the TTC workers' union to warn of the disastrous consequences to cities that privatize their transit systems.

The campaign, which will include television and newspaper ads, touts service cuts, fare increases and the drain on taxpayers experienced in cities "like Toronto," such as London, England; Melbourne, Australia; Auckland, New Zealand; and Vancouver.

CONTRIBUTED

▶ A screengrab from the television ad.

TORSTAR NEWS SERVICE
MORE COVERAGE, PAGE 4

What's going on your head?

It's for the best if you have a good answer {page 35}

The business of learning

Get ready with Metro's MBA Guide {pages 47-52}

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Facebook party for 21,000 is off

First of all, Rebecca Javeleau's 15th birthday party is off.

Yeah, we know you're disappointed. But her mom was worried that she didn't have enough folding chairs for 21,000 people. And the backyard is a little small.

Javeleau, a resident of Harpenden in eastern England, recently posted invites on Facebook. Apparently, she didn't properly understand her privacy settings. The invite was made public.

So a party that she hoped to hold for 15 friends suddenly garnered 21,000 RSVPs, the Telegraph reported. That's nearly as many people as live in Harpenden.

Among the promised (fake) guests: Justin Bieber, Stevie Wonder and Stephen Hawking. He would have brought his own chair.

Javeleau's mother, Tracey Livesey, has since cancelled the Oct. 7 party. However, local police said they are stepping up patrols in her neighbourhood lest any crashers show up.

"Rebecca did not understand the privacy settings, and she has lost her Internet as a result of that," Livesey said.

"I've taken away her computer so she won't make that mistake again."

TORSTAR NEWS SERVICE

THE ASSOCIATED PRESS FILE

▶ Not understanding Facebook's privacy settings can mean more than red faces — as one 15-year-old girl found out.

Hurricane Hazel takes the hot seat

Inquiry probes extent of mayor's involvement in $14.4-million purchase of land by son's company

Mississauga Mayor Hazel McCallion started her first day of testimony at a judicial inquiry probing her involvement in her son's land deal by saying she did not know he was an owner in World Class Developments.

Instead, McCallion said in response to a question from her lawyer, she thought Peter McCallion represented an investor.

She added she knew little else about the investors he had lined up for the hotel, convention centre and condominium project near city hall.

Asked if her understanding of Peter's role in the company changed between 2005 and 2009, McCallion set the stage for her defence at the inquiry, saying, "Not to my knowledge."

It is a position that lawyers at the inquiry will surely be grilling her over the next few days, given that she witnessed a trust agreement that made her son an owner, just as the land purchase from a giant pension fund was being finalized in January 2007.

"It should be very clear what (politicians) can and cannot do. I'm counting on you, Mr. Commissioner, to bring about some clarifications."
HAZEL MCCALLION, MISSISSAUGA MAYOR

Over the summer, the inquiry has heard testimony that the mayor was involved in the purchase of the land, concessions made to Peter's company World Class Developments by the pension fund, and a $4-million settlement when the deal died in early 2009.

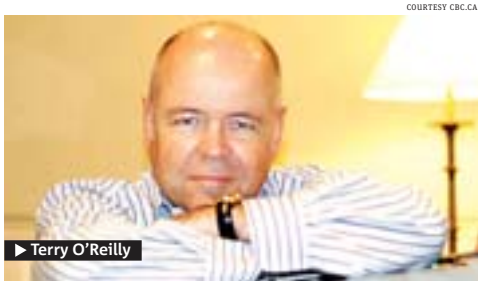
TORSTAR NEWS SERVICE

TARA WALTON/TORSTAR NEWS SERVICE

▶ Mississauga Mayor Hazel McCallion takes the stand in a Mississauga courthouse yesterday for the first of several days of testimony at the judicial inquiry probing conflict of interest issues and the extent of her involvement in a $14.4-million land sale.

It's really all about getting the boot at fundraiser

COURTESY CBC.CA



▶ Terry O'Reilly

Blundstone's Art to Boot, a fashion and visual arts fundraising celebration, will be held Thursday beginning at 7 p.m. at the Gladstone Hotel, 1214 Queen St. West.

Hosted by Blundstone Canada and Australian Boot Co., Art to Boot is the seventh annual fundraiser for SKETCH — a community arts initiative that creates opportunities for street-involved and homeless youth to engage in the arts.

The Art to Boot fundraising event includes a live auction for the top 10 pairs of Blundstone Boots as designed by the local artist and advertising community and selected by a panel of Toronto's fashion and lifestyle media.

Notable mentions are boots by Terry O'Reilly of CBC's Art of Persuasion, and Frank (Frankie Flowers) Ferragine of Citytv.

The event also features food and drink, live entertainment, the ever popular boot toss, and a silent auction of boots and other prizes.

METRO

1 news

News on the move

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Allan Small details the hazards of too many stock analysts giving out too much advice. More at metronews.ca/investing

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UK government takes aim at 'unattainable' bodies in digitally enhanced fashion ads.

▶ Governor General Michaëlle Jean walks with her husband Jean-Daniel Lafond, left, and Premier Dalton McGuinty at Queen's Park yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

GG visits Queen's Park

LAG IN POLLS DOESN'T FAZE MCGUINTY

Premier Dalton McGuinty's former right-hand man may go down in flames in the upcoming Toronto mayoral race, but the premier insists he doesn't see it as a bad omen for the next provincial election.

A new poll suggests former deputy premier George Smitherman is lagging behind right-wing juggernaut Rob Ford, a controversial figure who's plowing ahead with what appears to be a nearly unbeatable lead despite recent revelations about past brushes with the law.

Voters are flocking to Ford because he's made it his mission to clamp down on wasteful spending, said Opposition Leader Tim Hudak.

"I think Rob Ford has very successfully tapped into something (the Progressive Conservatives have) always stood for: ending the gravy train at city hall and getting taxpayers value for their money," he said in Toronto.

"I sense the same thing that is propelling the campaign behind Rob Ford, the thirst for change from the tax-and-spend governments we've seen at city hall or at Queen's Park, is also getting more people interested in running for us provincially."

But McGuinty is shrugging off suggestions that his governing Liberals will suffer collateral damage in the next election if Smitherman loses by a mile in the Oct. 25 vote. Every 30-day campaign is like a lifetime, and there's still a full year before the provincial election in 2011, McGuinty said.

THE CANADIAN PRESS

Ford's focus not on lead

Rival candidate Smitherman is pleading with undecided voters and others who don't want Ford to be mayor to throw support behind him

Rob Ford didn't take any time yesterday to gloat about his commanding lead in Toronto's mayoral race, instead hammering away at his theme of service and accountability.

On the heels of a poll that gives the Etobicoke councillor a 24-point lead over second-place George Smitherman, Ford said the only poll that counts is the Oct. 25 election.

Announcing the second part of his "taxpayer protection plan" outside his company's Etobicoke label-making factory, Ford did say his team is "running a very good campaign."

"I'm the only one who can grab the bull by the horns," and dramatically cut city spending, he said.

Asked about comments that he's "scary" — from rival Sarah Thomson in the Toronto Star last week and others now trying to mount an anybody-but-Ford campaign — he called the description of him "comical."

Ford's brother and campaign manager Doug did crow a bit.

"What's really surprising, in the poll that I read, is that Rob is actually leading George Smitherman downtown," Doug, who is running to replace Rob as Ward 2 councillor, told reporters.

TORSTAR NEWS SERVICE

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Rob Ford

Customer service

Ford yesterday proposed measures to improve staff accountability:

- Tying senior managers' pay partly to "measurable" service results
- Allowing the public to address full council meetings
- Putting records of every council vote online

Ford edges downtown

A Nanos poll, released Sunday, gives Ford a slight edge in support by downtown voters.

The survey of 1,021 Torontonians pegged cross-city support from decided voters at: Ford — 45.8 per cent; Smitherman — 21.3 per cent; Joe Pantalone —16.8 per cent; Rocco Rossi — 9.7 per cent; and Sarah Thomson — 6.4 per cent.

However, fully one-quarter of the respondents in the poll, conducted Tuesday to Thursday for CTV, CP24 and the Globe and Mail, remain undecided with five weeks left until the election.

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World's largest golf tourney?

Saturday, at locations across Ontario, golfers will compete for the title of Last Golfer Standing in what may become the world's largest one-day golf tournament.

Ontario golfers hope to beat the current Guinness World Record of 1,562 participants set earlier this year in Shenzhen, China.

The 25-plus Ontario courses hosting the attempt cover an area from Cornwall to Sudbury to London, making it the world's first and largest one-day tournament taking place at multiple facilities.

Other than the cost of the golf round, there is no fee for being part of the attempt. Golfers simply pre-register online at www.lastgolferstanding.com and book a regular 18-hole tee time with any participating course for Saturday, Sept. 25.

METRO

Hamilton mayor plans to push for light rail

Hamilton's mayor plans to lead a team to obtain federal and provincial funding for a light rail transit line for the city.

Fred Eisenberger said the team of government relations professionals and civic and community partners will make a pitch for money to the ministers at both levels of government.

He said the city needs a minimum of $850 million to put in light rail transit, which he thinks will boost property values and lead to lower taxes.

It's one of his five priorities as mayor.

He has not announced the team members yet.

THE CANADIAN PRESS

Businessman wore diaper while plotting, court told

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Alex Petraitis arrives at 361 University Courts Friday with his wife.

Accused of scheming with dominatrix to have wife murdered

A wealthy businessman was wearing what appeared to be a diaper while he was in a dominatrix's apartment discussing a plot to have his wife killed, court heard yesterday.

Alex Petraitis, 68, and dominatrix Sandra Lynn Rinella, 47, have pleaded not guilty to conspiracy to commit murder and counselling murder.

Kerry Anderson, the supposed would-be hit man and Rinella's biker ex-boyfriend, has told the court the two accused wanted him to kill Petraitis' wife.

Anderson has testified he never intended to go through with it, and he secretly recorded conversations he had with the duo.

On one occasion when he arrived at Rinella's apartment, Anderson testified he found Petraitis wearing an unusual get-up.

"He had on socks and he had on something that looked like a toga or a diaper on the lower end and a T-shirt," Anderson told the court.

Anderson had testified Friday that Rinella said she was worried she would lose Petraitis as a client if he didn't carry out the killing.

On the tape, the three are heard discussing details of the alleged plot, including how Petraitis' wife of 40 years, Kirsten, was to be abducted and killed.

THE CANADIAN PRESS

Dismemberment

Jurors heard another tape last week that Anderson said he made secretly. On it, he told Rinella they had decided to dismember Petraitis' wife's body.

THE LOCAL CAMPAIGN

7 PM TONIGHT

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Ward 8 Municipal Debate – York West
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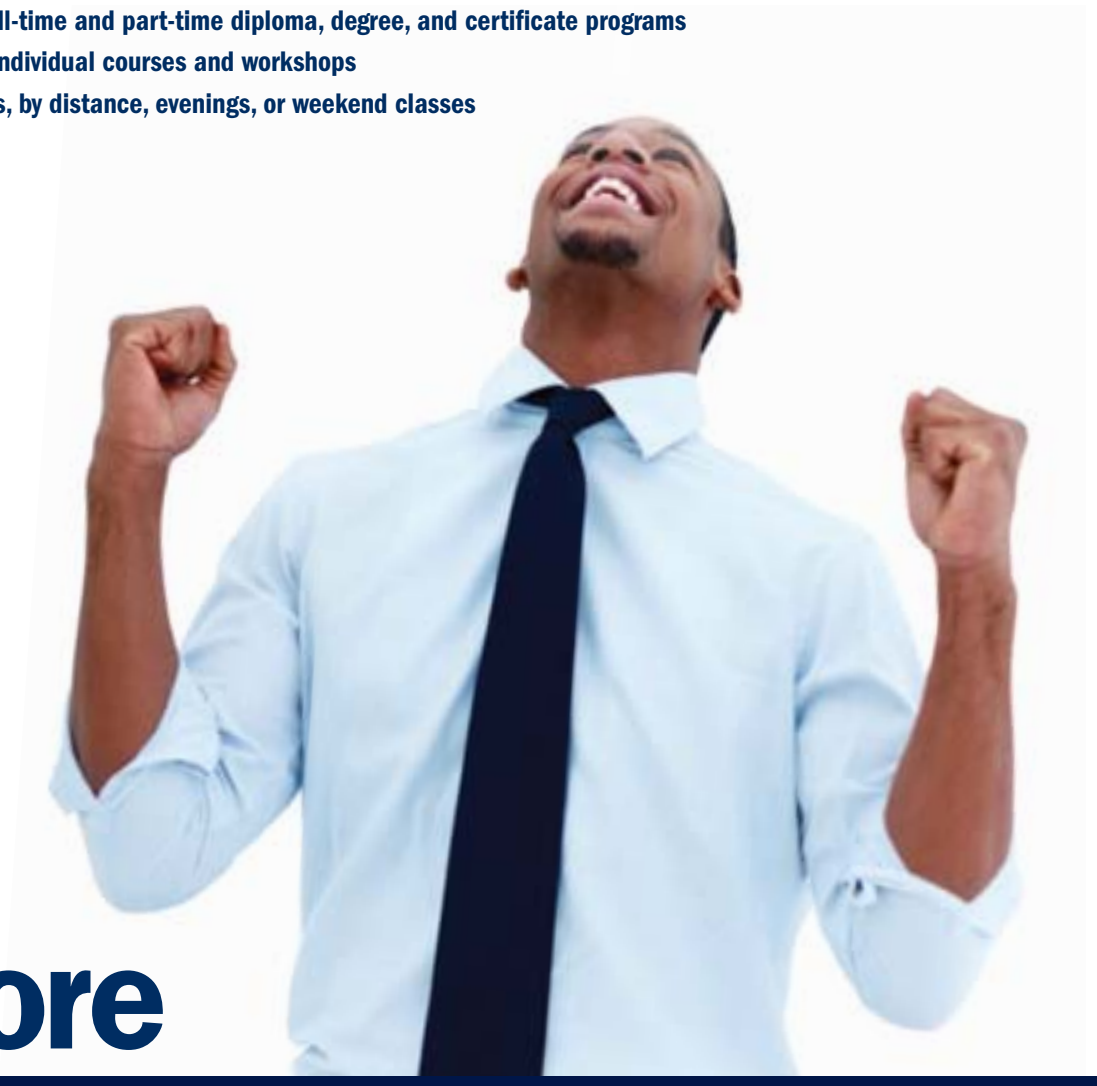

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Toronto's hot year may set a new record

With fall beginning tomorrow, the city's average daily temperature is only a fraction of a degree off its highest yet

Like a runaway locomotive, Toronto is steaming toward the second-warmest year on record — and the No. 1 position is clearly within striking distance.

Right now, 2010 is sitting at No. 2, but by only the slimmest of margins.

From January to Sept. 19, the average temperature has been a relatively toasty 11.6 C.

We trail only the 11.7 C average recorded from January-December in 1998, says David Phillips, senior climatologist at Environment Canada.

The normal temperature for January to Sept. 19 is 9 C.

Forecast

David Phillips, senior climatologist at Environment Canada, is calling for a warmer and drier fall than normal, and preliminary models suggest that winter will be warmer than normal.

"This is the second-warmest such stretch in Toronto's history," Phillips said.

"We're on a roll here."

He speculated that only an unexpected cold snap will stand in our way from breaking the record by the end of the year.

"You almost need a cold front to come through and last until Christmas to prevent this," Phillips said.

With the first full day of autumn landing on Thursday (officially it arrives tomorrow at 11:09 p.m.), Phillips doesn't see anything in the Environment Canada models to suggest the city won't break the record.

However, don't expect winter to be as tame as last year, he said.

"Last year winter wasn't postponed. It was cancelled," Phillips said, recalling that Toronto recorded the lowest snowfall on record dating to 1937.

TORSTAR NEWS SERVICE

Majumder. One funny cop

▶ Shaun Majumder, who plays a detective in the series Detroit 1-8-7, which premiers tonight on ABC, stops by the Toronto Police Museum on College Street. The Canadian star is also performing a stand-up show Saturday night at the Mississauga Living Arts Centre.

JOHN R. KENNEDY/FOR METRO TORONTO

Toronto 18 ringleader to appeal

The ringleader of the Toronto 18 should not have received the maximum sentence because he was young when he plotted to cause mass carnage by detonating truck bombs and is now sorry, Ontario's top court is being told.

Zakaria Amara, 25, pleaded guilty to knowingly participating in a terrorist group and intending to cause an explosion for the benefit of a terrorist group and was handed the maximum sentence — imprisoned until he dies unless he's granted parole — under anti-terror laws.

The Court of Appeal for Ontario is set to hear an appeal today from Amara. His lawyer argues Amara should have been sentenced to between 18 and 20 years, instead of an indeterminate life sentence. THE CANADIAN PRESS

Parole

Zakaria Amara can apply for parole in 2016.

MY 4 REASONS:

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MPs get a Stoffer they can't refuse

NDP MP shifts stance on long-gun registry ◐ Prime Minister Harper's unwillingness to compromise ultimately changed Stoffer's mind, he says

New Democrat MP Peter Stoffer announced yesterday he will vote to maintain the long-gun registry, despite his long-held opposition to the program.

Tomorrow, MPs will vote on a motion to end debate on the bill.

NDP Leader Jack Layton said he has persuaded enough of his MPs to change their vote and thwart the Conservatives.

Stoffer said nobody from his party "cajoled, coerced, twisted my arm" to change his vote. But he said he was "quite dismayed" that the controversy over whether to keep the registry was framed as a battle between urban and rural Canada.

THE CANADIAN PRESS

Registry vote

Conservative MP Candice Hoeppner tabled a private member's bill to scrap the long-gun registry.

- **Concession** She conceded that Stoffer's vote means a motion to stop her bill in its tracks is likely to pass.
- **Compromise** She didn't rule out having discussions with opposition MPs on amendments to the program, specifically around the issue of licensing.
- **Support** Hoeppner's bill had made it to second reading in the House of Commons thanks to the support of 12 Liberal and eight NDP MPs, but was blocked by the public safety committee.

Emergency?

CENSUS DEBATE LIVES ON

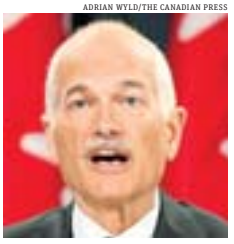
NDP Leader Jack Layton is asking for an emergency debate on the cancellation of the mandatory long census, arguing it's not too late to reverse the government's decision.

The Conservatives quietly decided to get rid of the long census last June and replace it with a voluntary version. But their move was met with vigorous opposition from a wide array of professional organizations, minority-rights advocates, provincial and municipal governments, as well as opposition politicians.

THE CANADIAN PRESS

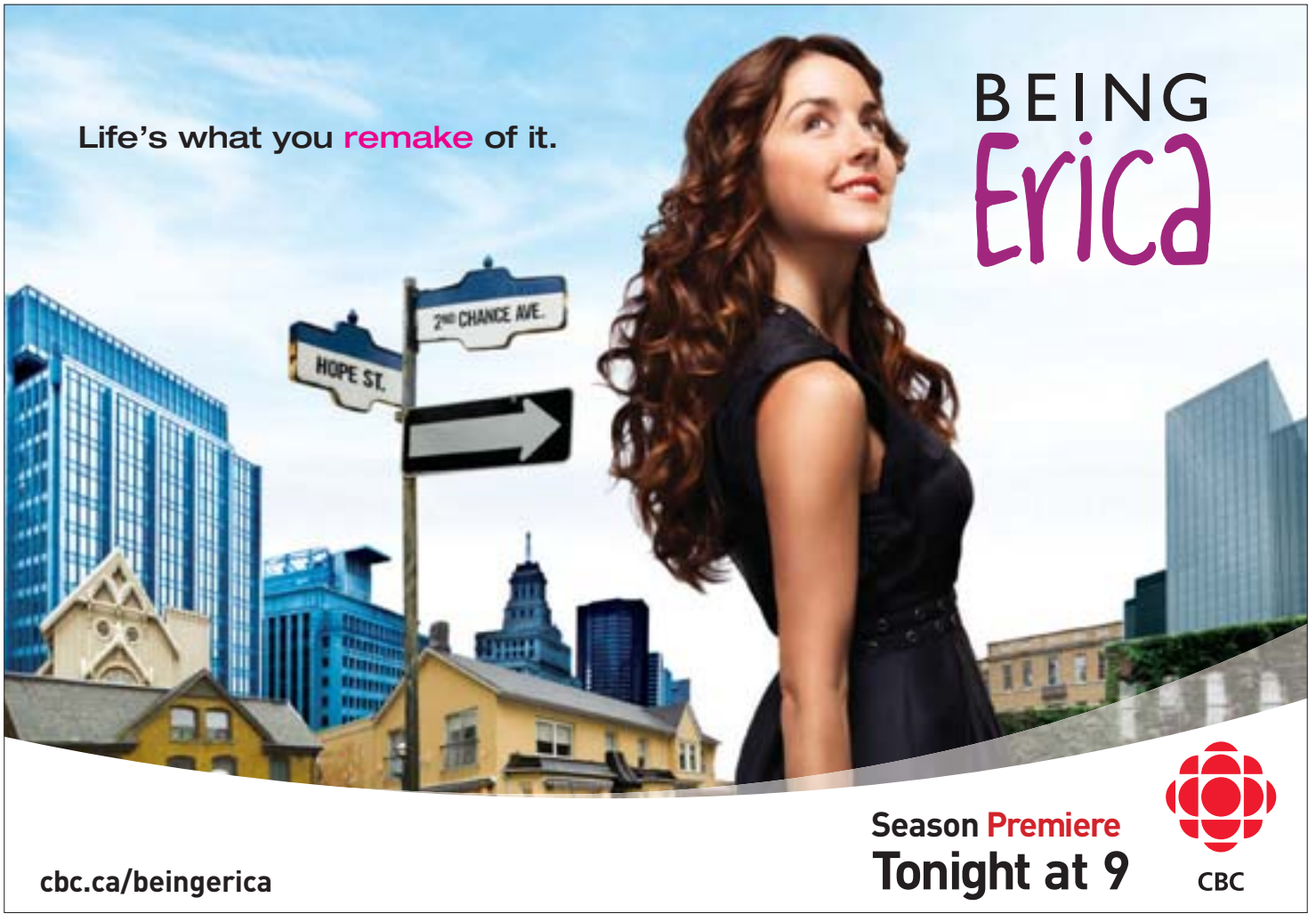
JACK LAYTON
NDP LEADER

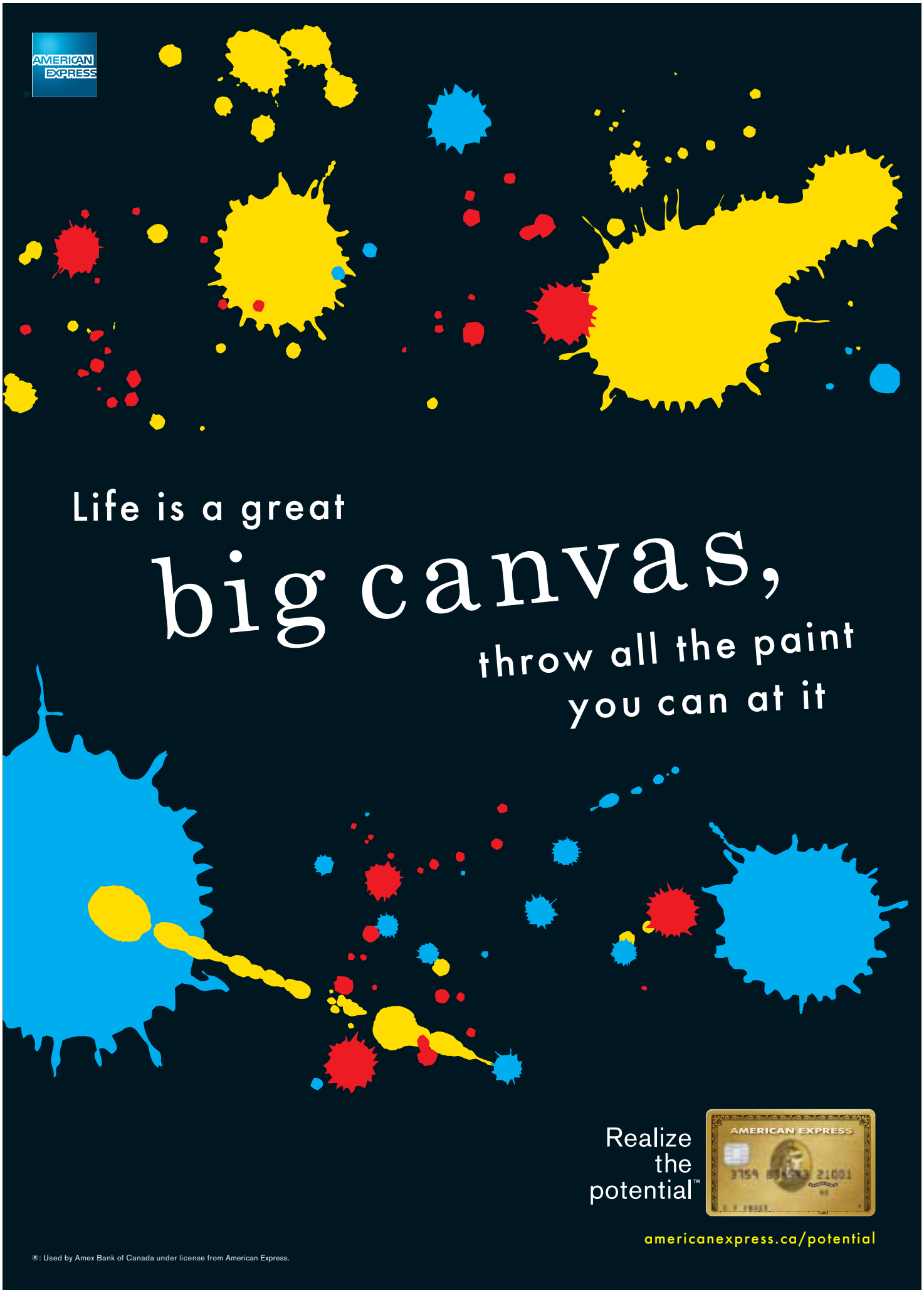
ADRIAN WYLD/THE CANADIAN PRESS



SEAN KILPATRICK/THE CANADIAN PRESS

▶ Candice Hoeppner, Conservative MP for Portage-Lisgar, arrives on Parliament Hill yesterday in a vehicle marked with "Scrap the Long-Gun Registry" signage.

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Too early to judge election: Afghan officials

Authorities have started gathering and tallying votes in a process that could last weeks, if not months

Afghan authorities said yesterday it was too early to judge the validity of the country's parliamentary ballot despite observers' reports of widespread fraud in the vote that was to help consolidate its shaky democracy.

Also yesterday, Britain's military handed the U.S. responsibility for a dangerous district in southern Afghanistan that has been the scene of some of the bloodiest fighting involving British troops for the past four years.

Despite Taliban rocket strikes and bombings, Afghans voted Saturday for a new parliament, the first election since a fraud-tainted presidential ballot last year that cast doubt on the legitimacy of the embattled government.

MUSADEQ SADEQ/THE ASSOCIATED PRESS

▶Afghan President Hamid Karzai

The independent Free and Fair Elections Foundation of Afghanistan, the observer group that deployed about 7,000 observers to monitor the elections, voiced "serious concerns" about the quality of the elections.

It said in its preliminary report published yesterday that the parliamentary vote was marred by ballot-stuffing, proxy voting, underage voting, the use of fake voter identification cards and repeated voting.

The group urged President Hamid Karzai's government to allow an independent investigation into reports of widespread electoral fraud, including intimidation of voters and interference by powerful warlords. THE ASSOCIATED PRESS

Cobourg man drags house for 12 metres

Cobourg, Ont., strongman Kevin Fast has set another world record.

The reverend pulled a single-family house nearly 12 metres along Queen Street to the cheers of hundreds of onlookers Sunday. Fast, who has also set records by pulling a fire truck and a military plane, said he won't attempt another pull until he's talked it over with his wife.

A Guinness World Records official was there to watch Fast perform the feat, which took only one minute one second to complete. Fast said it will raise funds and awareness of Habitat for Humanity low-income housing.
THE CANADIAN PRESS

188,694

Fast made the record book last September when he pulled a 188,694-kilogram CC Globemaster aircraft at CFB Trenton.

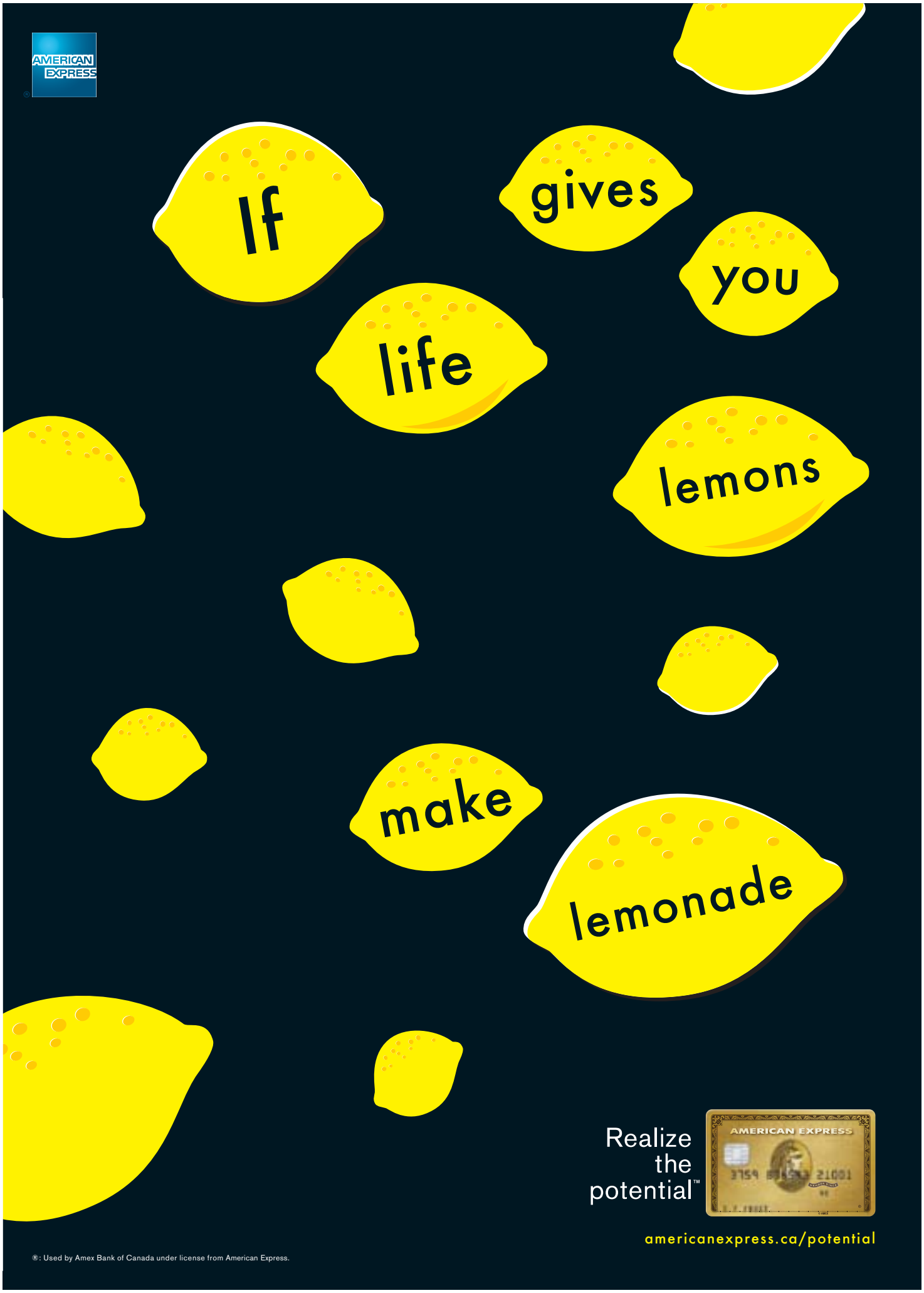
▶ Jimmie Akesson, chairman of the right-wing party Sweden Democrats, greets party workers in Stockholm Sunday.

A REALITY CHECK FOR SWEDEN

A far-right group's election breakthrough has shattered Sweden's self-image as a bastion of tolerance, somehow inoculated against the backlash on immigration seen in Europe.

Sunday's ballot showed the country's welcome to refugees is not universally accepted: Nearly six per cent of the population voted for a nationalist group that accuses immigrants — especially Muslims — of eroding Sweden's national identity and its cherished welfare state.

It's a bitter pill for a nation that frowned upon Swiss attempts to ban minarets, Denmark's vitriol toward Muslim immigrants and France's crackdown on Roma camps. Hardening attitudes toward immigrants have helped far-right radicals gain influence in other western European countries, including Italy, Switzerland, Austria, Belgium, the Netherlands and Denmark. The U.S. also has seen a backlash.
THE ASSOCIATED PRESS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Vatican's sex rules too strict: Belgian bishops

Bruges bishop was appointed to replace admitted sex offender He's now questioning celibacy policy

Two Belgian bishops openly questioned mandatory celibacy for Roman Catholic priests, rekindling a debate yesterday within the scandal-hit church.

The bishop of Hasselt, Patrick Hoogmartens, and his counterpart in Bruges, Jozef De Kesel, said in separate comments that married men should not automatically be excluded from priesthood.

The comments come amid the scandal over sex abuse among the clergy that has shaken the Belgian church to its core.

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Pope Benedict XVI

Some have questioned whether celibacy is in part to blame and have called for the rule to be rethought. The Vatican insists celibacy isn't responsible and has defended it as non-negotiable, even as the number of priests around the world continues to decline.

Pope Benedict XVI has staunchly defended celibacy, saying in June it is a "great sign of faith."

However, in Belgium and other countries, celibacy has been linked to the shortage of new priests in Europe's parishes and to the sex abuse scandal.

THE ASSOCIATED PRESS

Bulgaria failing its wards?

Some 238 disabled children have died over the last decade in Bulgarian state homes, a human rights group said yesterday, adding that at least three-quarters of the deaths could have been prevented.

THE ASSOCIATED PRESS

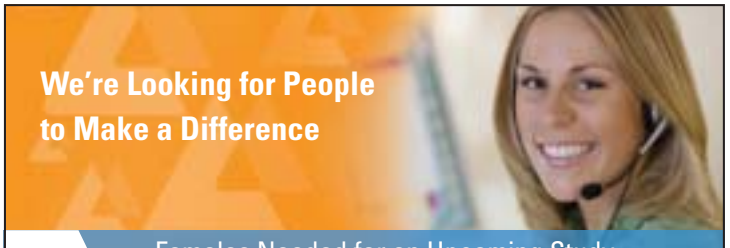
Bleachers collapse, injuring 111

Brazilian authorities said at least 111 people were hurt — 22 critically — after a section of bleachers collapsed at a car race Sunday. They were taken to hospitals after the accident in Brazil's southern Parana state.

THE ASSOCIATED PRESS

Russia eyes Arctic shelf

Russia announces initiative meant to challenge Canada's claims on underwater Arctic territories. Scan code for story.



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Wisconsin DA in hot water over flirty texts

- DA announces he's going on indefinite medical leave
- Governor calls harassing behaviour 'unimaginable'

The governor of the state of Wisconsin said yesterday he would start the process of removing a district attorney caught sending sexually harassing text messages to a domestic abuse victim.

At a news conference after The Associated Press reported the messages, Gov. Jim Doyle said he was "deeply, deeply troubled" by Calumet County District Attorney Ken Kratz's behaviour and would appoint a commissioner to review the matter as soon as he receives a verified complaint. He expects to receive that complaint from a local taxpayer, which is required under state law, in coming days and "act swiftly."

MORRY GASH/THE ASSOCIATED PRESS

▶ Kenneth Kratz

Kratz has acknowledged sending 30 text messages in three days last year to a woman while he was prosecuting her ex-boyfriend in an abuse case. In them, he asked whether she was "the kind of girl that likes secret contact with an older married elected DA," and called her a "tall, young, hot nymph."

Kratz apologized and said he would get therapy last week.

Wisconsin governors have the power to remove county officials like Kratz for cause. Kratz would have the opportunity to contest his removal at a public hearing, and Doyle said he would then make a decision on whether his behaviour warrants removal.

THE ASSOCIATED PRESS

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Departs Sep 29/swg/wg.

Cancun 7 Nights 4.5-Star $417
RIU Caribe — + taxes & fees $283
Departs Sep 26/sqv/ws.

St Maarten 7 Nights 4-Star $498
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Sarkozy urges more aid

- French president pledges to boost assistance to the world's poorest
- Says international tax on financial transactions could provide funding

French President Nicolas Sarkozy yesterday pledged to boost aid to the world's poorest by 20 per cent over the next three years and issued a plea for other developed nations to join him in meeting UN anti-poverty targets by 2015.

With Millennium Development Goals, set by the UN 10 years ago, lagging and hard hit by the global recession, Sarkozy implored world leaders not to fall back into "old bad habits" of ignoring the global poverty as the world economy begins climbing out of the severe economic downturn.

UN Secretary General Ban Ki-moon opened the summit with a call to the assembled leaders to use their power to meet UN goals to help the world's poorest by 2015. THE ASSOCIATED PRESS

RICHARD DREW/THE ASSOCIATED PRESS

▶ French President Nicolas Sarkozy addresses a summit on the Millenium Development Goals yesterday at UN headquarters in New York.

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Maritimes braces for weakened storm Igor

15 Centimetres of rain expected in some parts of southern and eastern Newfoundland today as Igor meets an unrelated trough of low pressure.

Newfoundlanders are being warned to prepare for possible flooding and power outages as hurricane Igor barrels north toward the province.

A tropical storm warning for the southeastern portion of the province and heavy rainfall warnings calling for up to 150 millimetres were issued yesterday as a weakening Igor brushed past Bermuda.

Igor, which was barely a Category 1 hurricane, pelted Bermuda with driving rain and powerful wind, but there were no reports of major damage.

Forecasters are calling for Igor to change to a tropical storm soon after reaching the Grand Banks off Newfoundland.

Environment Canada posted the tropical storm warning for St. John's, the Avalon Peninsula, Clarenville, the Bonavista Peninsula and the Burin Peninsula. It said Igor could bring strong winds reaching or exceeding 100 km/h by this afternoon in parts of Avalon, Burin and Bonavista.

"The amount of rain forecast means residents and communities must be diligent in emergency preparations," the provincial government said in a news release. "Residents and municipal officials should assess their individual situations to determine the steps they can take to ensure their safety and security during this weather event and continue to closely monitor the forecast."

Environment Canada said sea swells of up to two to three metres ahead of Igor would pound the Atlantic coasts of Nova Scotia and southern Newfoundland for several days. THE CANADIAN PRESS

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BULLIT MARQUEZ/THE ASSOCIATED PRESS

▶ Philippine President Benigno Aquino III speaks yesterday at a news conference.

Philippine prez says officials may be charged

Mayor, police chief could face charges over bungled standoff ◐ Eight killed, including three Canadians

Philippine President Benigno Aquino said yesterday that Manila's mayor, a recently retired police chief and journalists were among a dozen people who could be charged over last month's disastrous hostage standoff that killed eight Hong Kong tourists and damaged ties with China.

Three Canadian citizens, all members of one family, were among those killed in the incident.

The recommended charges, both criminal and administrative, were part of a government investigation report on the Aug. 23 hostage crisis that has been handed over to the Chinese ambassador.

Aquino said he will decide whether to approve the filing of charges, including against one of his close aides, after government lawyers have studied the lengthy report and he has returned from an upcoming U.S. trip.

The 11-hour standoff and bungled rescue attempt on a parked bus — which millions watched on live TV — strained ties with China and its territory of Hong Kong. Both issued warnings advising against travel to the Philippines, prompting thousands of tourists to cancel bookings.

The report cited at least eight blunders by authorities, including then Manila police chief Rodolfo Magtibay's alleged refusal to heed the president's order to deploy an elite commando unit instead of a local SWAT team and his decision to leave the hostage scene with the Manila mayor for a nearby restaurant shortly before the carnage erupted. THE ASSOCIATED PRESS

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Cenovus eyes expansion

Cenovus Energy is poised to break ground on a major oilsands expansion as part of an ambitious plan to increase bitumen production five-fold by 2019.

The crude producer said yesterday regulators have given it the green light to build three additional 30,000-barrel-per-day phases at Foster Creek, south of Fort McMurray, Alta.

THE CANADIAN PRESS

▶ Brian Ferguson, CEO of Cenovus.

The project

- **Production.** The expansions will boost Foster Creek's production to 210,000 barrels per day from 120,000 barrels per day.
- **Joint venture.** Foster Creek, Christina Lake and Narrows Lake are part of a 50-50 joint venture with Houston-based energy giant ConocoPhillips.

Pension plan goes shopping

The CPP Investment Board says it has bought majority stakes in eight Canadian shopping malls for a total investment of $335.5 million, including debt.

The investment board says it is taking full ownership of six shopping centres in British Columbia and Ontario, and a 90 per cent interest in two malls in Quebec.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 69.95 (12,234.51)	+ 0.19¢ ($97.15¢ US)
Oil	**Natural gas**
+ 1.20¢ US ($74.86 US)	1,000 cu ft $3.822 (– 20.2¢)
	Gold contracts $1,277.50 (+ $3.70)

TSX taking Oslo bourse as partner

The Toronto Stock Exchange is looking to partner with its counterpart from Norway on marketing initiatives and possibly the dual listing of stocks on each other's exchanges.

Since 2009, the Oslo Bors ASA has used the derivatives trading technology of the Montreal Exchange, which is owned by TMX Group.

THE CANADIAN PRESS

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ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ A report projects that Wind Mobile, Mobilicity, Public Mobile and others will have six million subscribers, or 18.6 per cent, of Canadian wireless subscribers by the end of 2014.

Prognosis dim for wireless newbies

▶ New players expected to take 10 years to become profitable ▶ At least one will fold, report predicts

New wireless companies are offering consumers lower prices for talking and streaming video on their cellphones but the marketplace won't be able to support them all, says an industry study.

The Convergence Consulting Group said combined prices on voice and data by Wind Mobile, Mobilicity and Public Mobile have undercut Rogers, Bell and Telus and their discount brands by more than half, or up to 75 per cent when just comparing data.

31 The Convergence Group estimates smartphone and data device subscribers will represent 31 per cent of the market by the end of this year.

The new players are offering "some really radical discounts" on data services and that's where the growth is in this market, said Brahm Eiley, the group's founder. But to keep gaining subscribers, the new players have to keep their prices low.

The report forecasts revenue per user will decline by one per cent this year mainly due to lower revenue from voice services.

THE CANADIAN PRESS

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GETTING PERSONAL WITH PERSONNEL

She says ...

JESSICA NAPIER

Nothing spices up a boring work week like lusting after a good-looking cubicle mate.

Working in close proximity to a hunky colleague transforms a dull office environment into a flirtatious playground. And while some people might never get beyond innocent banter at the photocopier, there are more and more individuals turning their workplace crush into a full-blown romance.

Most of us spend 40-plus hours a week at work and, as a result, our offices have become the default place to meet potential partners. Mixing pleasure with business certainly has its benefits. Who wouldn't want a standing lunch date or an opportunity to indulge in a mid-week (hump-day) quickie in the conference room?

But is coupling off with a co-worker always a good idea? Of course not. Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful.

"Intra-office love affairs may have their perks but a convenient fling could turn into a major career faux pas if you're not careful."

Before you take your office crush to the next level, brush up on the company's official policy when it comes to employee relationships. Is there something specific about this in the HR handbook or is it just "frowned upon?" Make sure you have a clear understanding of the consequences before you risk your career for a tryst with a sexy desk buddy.

Regardless of whether there are formal rules against it, entering into a relationship with a co-worker requires some serious consideration.

If you do decide to begin dating, be sure to exercise some discretion around your co-workers. Then again, you have to realize that while you might try to keep it a secret initially, your colleagues will inevitably find out. When they do, you'll have to be ready for your private life to become hot gossip for the office rumour mill.

Ultimately, it's up to you to determine if the pros outweigh the cons when it comes to an after-hours romance. A serious love affair might be worth the trouble but a casual fling, while sexy and convenient, probably won't justify the potential fallout. Think about it — do you really want to spend eight hours a day working with your ex?

Sure, when it's good it might be really good — but if it all goes horribly wrong, you just might need to quit your job. Breakups are bad enough, but when you simultaneously lose a relationship and a paycheque the results can be devastating.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Don't blame vegetarians

Letters & Tweets

Re: 5 worst foods (Sept. 20)

TORONTO. It's incorrect to blame tofu-eating vegetarians for the decimation of South American rainforests. The vast majority of the soy grown is used for cattle feed to produce beef, listed as your No. 1 worst forest food. As the United Nations' report Livestock's Long Shadow pointed out, the animals-for-food industry creates more greenhouse gas equivalents than all the cars, trucks, ships and airplanes in the world combined. On the other hand, a vegetarian or vegan diet is the best diet for minimizing one's ecological footprint.

MICHAEL HAYWARD

VANCOUVER. With the recent debate on the gun registry, I have only one thing to say. I am tired of political posturing along party lines. I don't support the registry.

Every poll I have seen says it is useless; and I believe so as well. Can we all work together for once instead of having the party brass dictate the outcome?

DAVID NAGY

We asked: What food can you absolutely not stand to eat.

TORONTO. I absolutely can't stand to eat okra.

JHOBELL FAUSTINO

Tree huggers

GETTY IMAGES

What was your favourite game as a child? Why?

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Metro Minute at TIFF Bell Lightbox

If the Toronto International Film Festival is your Christmas, New Year's and Halloween all rolled up into one, this news will have you reaching back into your confetti bin. Despite the acronym in its name, the TIFF Bell Lightbox, at the corner of King and John, is open for public screenings, events, and engagements 365 days a year. That means you can get your film fix on one of the five state-of-the-art screens, peruse the archives for that obscure Kurosawa flick you've been told you must see, or sign up for an interactive presentation with your favourite cinematic luminary. David Cronenberg will be on hand Thursday and Friday evening to introduce Videodrome. JORDANA DIVON

GEORGE PIMENTEL/WIREIMAGE FOR TIFF

▶ To check out the impressive list of upcoming events, go to tiff.net/tiffbelllightbox or call 416-968-FILM.

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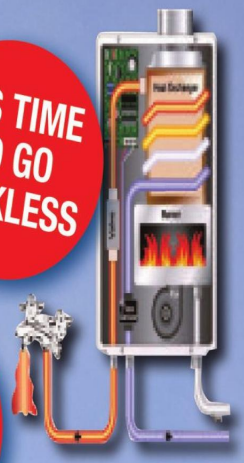

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Limited Supply
Conventional water heaters frequently run out of hot water after several back-to-back demands and often after only one shower or demand. The user must then w ait for a long period of time for the heater to "refresh"

Overheating
To ensure a traditional heater refreshes at a reasonable rate, most heaters are set at very high temperatures (130F+). This wastes energy and increases risk of scalding, especially for children and the elderly.

Hard Water Minerals
Hard water scale forms most readily when water is heated for extended periods. Hard water scale quickly coats the internal components causing a loss of efficiency and shorter life, and often leaks.

Short Life / Disposal
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Will Fox's hit TV musical turn grimmer in its sophomore season? Campus crisis, new students and football coach bring fresh sensibility

Fox's own high school musical Glee is back for its second season.

Golden Glee back for more

Glee returns for its sophomore year with a new football coach, two new ear- and eye-catching students, and an identity crisis for big man on campus Finn.

There's also something of an identity crisis for Fox TV's hit series as trouble comes fast and furious for the McKinley High glee club and its members in today's debut episode.

"Let's show them how down we are," says glee club director Will Schuester (Matthew Morrison), challenging his students to stage a number that will persuade others to join the club branded as a way station for losers.

Instead, the hour itself verges on being a downer. Will goes to the dark side with cheerleading coach Sue Sylvester, Rachel's self-absorption becomes ickier and a molestation accusation is played with a wink.

But there's still joy to be had in the series that was nominated for a best comedy Emmy Award, losing last month to Modern Family, as the glee clubbers make the most of Empire State of Mind and Lea Michele, as Broadway-bound belter Rachel, owns (no surprise) What I Did for Love.

There's also the introduction of two fresh-faced students with singing chops: an exchange student with a big smile and bigger voice (played by teenage pop star Charice, whose fan club includes Oprah Winfrey); and a golden-boy athlete (Chord Overstreet of iCarly, with cuteness of Justin Bieber dimensions).

The other McKinley newcomer is a female gridiron coach with a winning record, who quickly proves a formidable rival for Cheerios chief Sue.

THE ASSOCIATED PRESS

Lady Gaga

Lady Gaga rallies for change in gay policy

Lady Gaga wants Maine's Republican senators to cast votes this week to help repeal the military's "don't ask, don't tell" policy on gays. The Grammy Award-winning pop singer will attend a rally organized by Servicemembers Legal Defence Network on Monday in Deering Oaks Park, near the University of Southern Maine's Portland campus.

Lady Gaga is expected to stand alongside veterans who were discharged because of the policy, which prohibits service members from revealing if they're gay, the group said. The policy also bars military recruiters from asking about people's sexual orientations.

A proposal to repeal the "don't ask, don't tell" policy is attached to the defence authorization bill, which Democrats will try to bring to a vote this week.

Democrats need 60 votes today to cut off debate and proceed to the bill, again putting Republican Sens. Olympia Snowe and Susan Collins of Maine in the role of casting what could be deciding votes in the Senate, said Trevor Thomas, spokesman for Servicemembers Legal Defence Network.

THE ASSOCIATED PRESS

2 scene

In brief

Paris Hilton acknowledged yesterday that she had cocaine in her purse and pleaded guilty to two misdemeanour charges stemming from her arrest last month at a Las Vegas hotel-casino. She will serve a year of probation and must complete a drug abuse program.

THE ASSOCIATED PRESS

Stevie Wonder urges UN diplomats to pass treaty for helping the blind or face his musical wrath

TV picks

A song for every subject

MUSICAL. Glee is back for a second season with the glee club kids returning from summer break. A couple of new students are introduced, including one played by pop singer Charice.

- Glee
  Comedy
  Global

Canuck hilarity in Shanghai

THE RANT. Check out Expo 2010 in Shanghai in the season premiere of The Rick Mercer Report. Mercer tours the city with Canadian comic Mark Rowswell, aka Dashan, who's sometimes called the most famous foreigner in China.

- The Rick Mercer Report
  Comedy
  CBC

THE CANADIAN PRESS

Always room for funny business

The seventh season of CSI:NY returns this Friday night on CTV • Few changes in store

CSI: New York star A.J. Buckley is the resident comedian on a show that will never, ever be mistaken for a comedy. Still, he's good with that.

"If you look at the first season of CSI, it was darker, gloomy and really depressing. Not even one joke," says Buckley who plays scientist Adam Ross on the series.

"I think my character came on in the second season as sort of the light in the darkness. Whenever there's a heavy bit, I show up to crack a joke."

Still, a "joke" on CSI: NY — which begins its seventh season this week — ain't exactly your usual knee slapper.

"Sometimes the comedy is just in the scientific jargon. Make it funny they say. And I'm like — just how do you do that? I read them and think – what the hell am I saying?"

Buckley, who was born in Ireland and raised in British Columbia, says changes for the newest season of CSI: NY will be minimal. Original cast member Melina Kanakaradis (who played Stella) has left the show however, and will be replaced this season by Sela Ward.

Which is too bad for Buckley's character — who had a one-nighter with Stella last season.

"You sleep with me, you leave the show," jokes Buckley. "Naww, it was sad to see Melina go. But Sela Ward brings an incredible new dynamic."

Staying with the funny, Buckley recently wrote/directed and starred in an internet side project, GhostFacers. It's based on Ed Zeddmore, a character Buckley played on the popular series Supernatural.

A silly parody of paranormal reality series like Ghost Hunters, GhostFacers has become an internet hit in the last year. More webisodes are already in the works.

"GhostFacers — we're the real ghost hunters," Buckley insists. "They've never even seen a ghost. We've caught ghosts. One of our guys was actually killed by a ghost."

IAN JOHNSTON

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Baby drama in Philadelphia

Kaitlin Olson was glad when her real-life pregnancy became part of the story last season on It's Always Sunny in Philadelphia so she could stop hiding it. But she's keeping the secret of her character's baby daddy.

"I can't tell you. People are trying to get it out of me," Olson said.

Off-screen, Olson is playing mom to Axel Lee McElhenney, born Sept. 1 to her and husband Rob McElhenney, who created and also stars on It's Always Sunny in Philadelphia.

That doesn't mean he's ready for his close-up, according to his dad.

"Axel will make his debut in show business the day he graduates from college and he can make his own decisions," McElhenney told a teleconference.

"Up to that, the boy will not be anywhere near, in front of or behind a camera." THE ASSOCIATED PRESS

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The anatomy of a gangster

In HBO Canada's new period drama, Boardwalk Empire, Steve Buscemi portrays politician/rum-runner Nucky Thompson in Prohibition-era Atlantic City

The actor, creator Terence Winter and director Martin Scorsese break down the man

AMBER RAY
amber.ray@metro.us

'Empire' plot

The real Nucky

"In Atlantic City there was this guy who ran the town — (Enoch) Nucky Johnson, who we fictionalized as Nucky Thompson — who's just this great character, this chameleon who is equal parts beloved politician and gangster," explains Terence Winter, a writer on The Sopranos who translated the 2002 book Boardwalk Empire: The Birth, High Times, and Corruption of Atlantic City into the new series for HBO. "Nucky ran the city, and the fact that he was treasurer was even more interesting to me — he wasn't even the mayor, he was the guy behind the guy, basically, but he was 'the man.'"

"We wanted to think outside the box from the real Nucky," Winter says of casting the character. "If we wanted to cast a physical archetype, Jim Gandolfini sort of resembled him. But, you know, Marty (Scorsese) and I said, 'Let's forget about what the guy looked like and let's just look for the most interesting choice.'"

"There's something that's very, very strong on the camera with Steve as a character," Scorsese adds.

"(Nucky) certainly has a dark side, but there's certainly a lot of humor that goes along with it," says Buscemi. "I think he genuinely has a good heart and that he wants to — I mean, I believe that he generally wants to share the wealth and ... see people prosper. I'm sure part of that was also getting reelected, but I have to believe that there's something in him that wants to do good."

"(Nucky) likes being a politician, and he likes being a leader," says Buscemi. "He is presented with this opportunity now with Prohibition, and you're either on the trolley or you can be put six feet under."

"He's a pragmatist, too," adds Scorsese. "He's practical. He's put in the position of being a treasurer. Yet the treasurer runs the city in a sense, and ultimately ... you make a deal. You figure out how much sin you can live with."

Quoted

"There was so much going on in 1920 — Prohibition, women's voting rights, broadcast radio began, it was a presidential election year. The world was changing."

TERENCE WINTER, EXPLAINING WHY HE WANTED TO DO A SERIES ON THE PROHIBITION ERA

Tune in

Boardwalk Empire airs Sunday night on HBO Canada.

ABC looks for advice columnist

No longer wanting to simply offer viewers news and a little entertainment, Good Morning America now wants to dispense some advice.

ABC's morning show said yesterday it is starting a nationwide search for a "21st-century advice guru" who can offer perspective on vexing family or professional problems.

The new advice expert, who would dispense answers on the air and through the show's website, is akin to a Dear Abby for TV, said Jim Murphy, executive producer of GMA. The show is accepting applications and will turn its search into part of the show, he said.

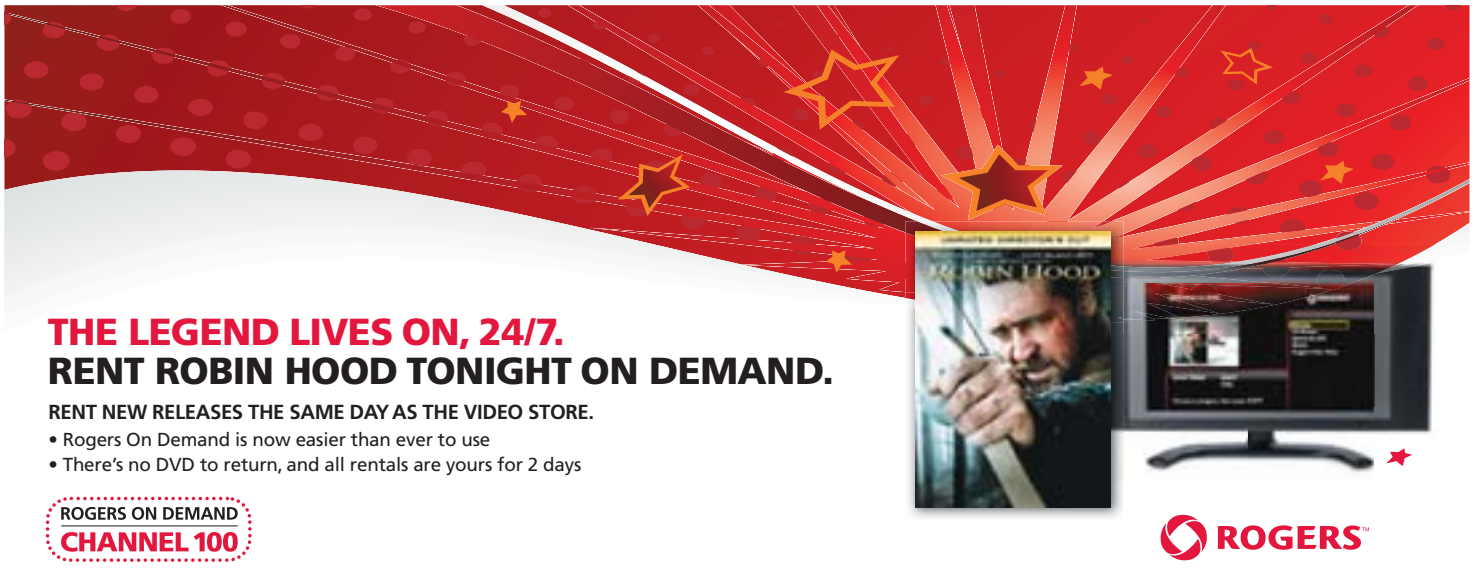
He's not sure who will be interested in the full-time job, whether there are people with television experience or ambitious newcomers or some combination of both.

"It would be just awesome if some fabulous high-school guidance counsellor gets a break like this," Murphy said.

Applicants will be asked to write a 300-word essay on what makes them right for the job and answer a series of advice questions that will be posted on the show's website.

Murphy said he hopes to have the new person on board for the beginning of next year.

In a promo, ABC promises that "this isn't just some contest. This is a real job search." THE ASSOCIATED PRESS



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In the days of bore

Robin Hood
Genre: Action
Director: Ridley Scott
Stars: Russell Crowe
◍◍
The swash buckles under the weight of heavy verbiage in Ridley Scott's well-intended but weakly executed retelling of the ancient woodland hero legend.

The avowed point of this umpteenth version of Robin Hood is to get back to basics, just as the James Bond franchise did so spectacularly with Casino Royale.

Indeed, Scott's vision is so down and dirty, his Robin (an unconvincing Russell Crowe) has to be told to take a bath at one point, because he smells so badly.

But it's hard to be simple when the characters are hobbled by Brian Helgeland's leaden screenplay, which clumsily combines historical fact about cross-Channel antagonism and British domestic concerns about

excessive taxation and human rights with the almost complete fiction of Robin Hood and his romancing of Lady Marion.

Helgeland puts great gobs of exposition into the mouths of the actors while advancing the story at a snail's pace. Despite a running time of 2 hours and 20 minutes, the film ends at the point where Robin Hood is given his full name and recognition.

The film is entirely back story, spending almost as much time building up Lady Marion (Cate Blanchett) as it does illuminating Robin's growth from abandoned child into the rebel challenger of cruel British monarch King John (Oscar Isaac).

Depending on which package you purchase, extras include the unrated director's cut, deleted scenes and making-of featurettes.

PETER HOWELL

The Secret In Their Eyes
Genre: Foreign
Director: Juan Jose Campanella
Stars: Ricardo Darin, Soledad Villamil
◍◍◍◍½
This riveting police thriller from Argentina, the Best Foreign-Language Film winner at the most recent Academy Awards, is more macho than a bullfighter's stance.

You can imagine Ricardo Darin's weary detective Benjamin Esposito being played by Al Pacino or Gene Hackman in their 1970s heyday, the decade where the movie is primarily set.

Juan José Campanella's film begins in 1999, but there are extended flashbacks to a 1974 crime investigation.

A quarter-century after his crime-busting heyday, retired investigator Esposito decides he wants to write a novel about an unresolved Buenos Aires rape-murder case that still haunts him. There may have been a travesty of justice.

He visits his former boss Irene Menéndez Hastings (Soledad Villamil), now a powerful judge, who is still a beauty and still a blend of fire and ice. Esposito had feelings for her that the years haven't dimmed.

They both have vivid memories of 1974, the year a husband returned from work to find his young wife raped and murdered. Esposito was a cocky young investigator then, teamed with a comical partner named Sandoval (comedian Guillermo Francella), who had to be pulled out of the bar every time he was needed.

The partnership provides some valuable comic relief, but this is no buddy-cop picture. As Esposito and Sandoval pour over clues new and old — including photographs that give the film its noirish title —they traverse dark alleys that bear the figurative flat footprints of a Popeye Doyle or Frank Serpico.

The Secret in Their Eyes takes turns that few could see coming. Consider yourself warned, but also intrigued.

Extras include a director's commentary and making-of featurettes.

PETER HOWELL

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The new Robert Pattinson?

British actor Andrew Garfield certainly has the hair — and the new roles — to give the Twilight star a run for his money Did we mention he's Spider-Man?

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

With two high-profile movies hitting theatres this month, and the fact that he was just tapped to be the new Spider-Man, 25-year-old British actor Andrew Garfield's life is changing, to say the least. But with everything taking off around him, Garfield would rather slip away from the Hollywood scene and debate religion. Metro sat down with the genial actor to discuss his latest film, the adaptation of Kazuo Ishiguro's Never Let Me Go.

Were you a fan of the book prior to doing the movie?

Well, I'd read the book and the script simultaneously before I'd auditioned. You just can't argue with it. It's just such a well-crafted

"We spent two weeks rehearsing where we pretty much just got to know each other — because we had to if we were going to play brothers and sisters, pretty much."

GARFIELD, ON WORKING WITH CO-STARS CAREY MULLIGAN AND KIERA KNIGHTLEY

musing on what it is to be alive.

You have some of the most intense scenes in the film. What kind of challenge was that?

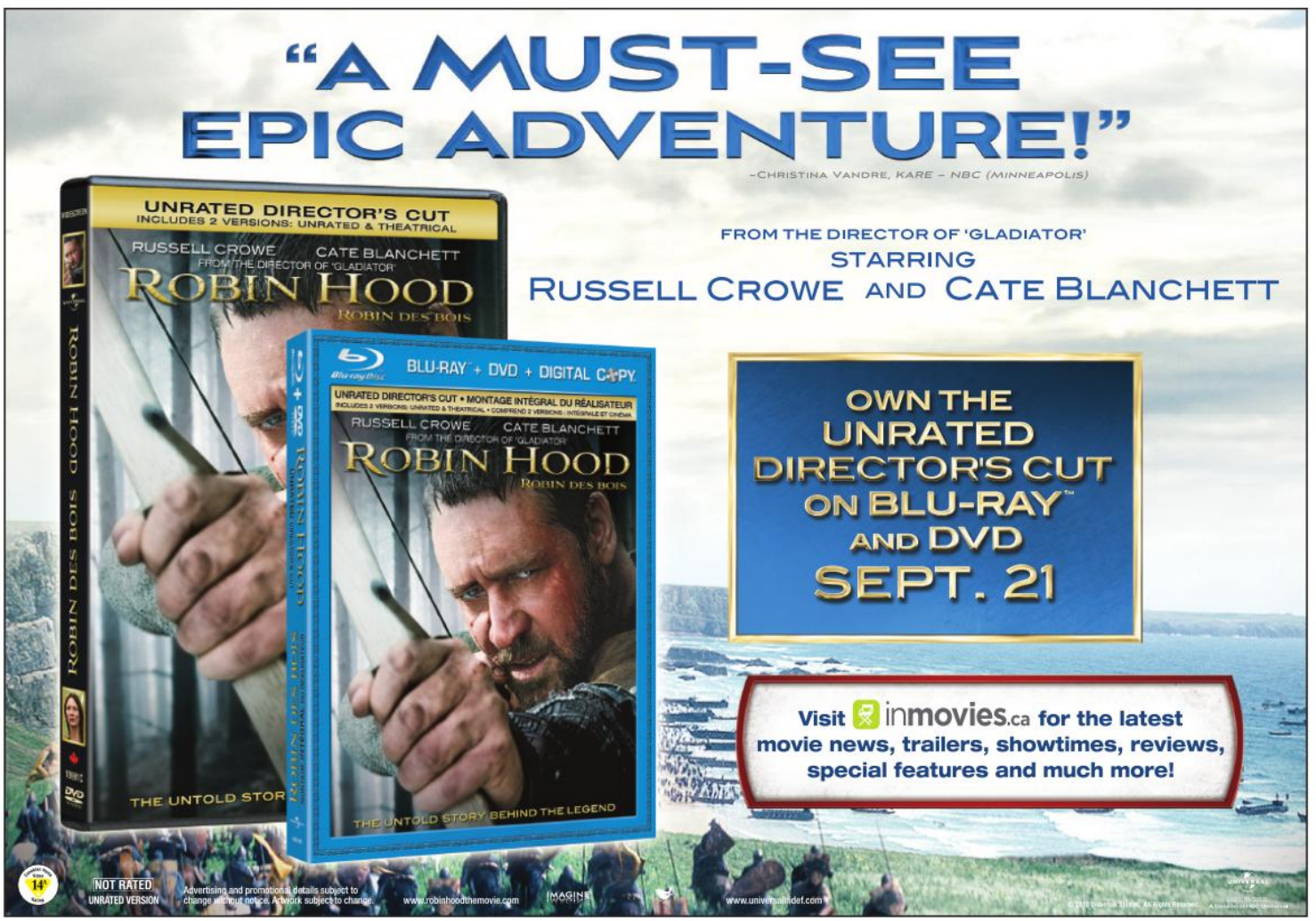
I'd go nuts if I didn't exorcise certain of my own demons. It was painful in a controlled situation, which kind of gives it allowance. Whereas in my real life and in all of our real lives, we try to avoid pain at all costs, right? One of the themes of this film is our need as human beings to keep death out of reach, to prolong our lives, to continue our seed going into the future. Because the idea of death, the idea of the nothing is terrifying. Unless you have a deep-rooted spiritual doubtlessness about what happens after life, which I don't feel like we have very much in our Western society.

You also star in The Social Network. How are you celebrating your big autumn?

Maybe I'll go to Portland or something and hang out, just bury my head in the sand. I'm aware that these two films are coming out, and it is exciting because I'm so happy to be a part of them and to talk to people about it. But once filming is over, that's kind of the end of the real fun stuff for me.

GETTY IMAGES

▶ Andrew Garfield stars in Never Let Me Go, in theatres now.



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Nothing the matter

Author listed for Giller prize ◆ Career launched in Tim Hortons

THE CANADIAN PRESS/AARON HARRIS

▶ Author David Bergen says his new book is more light-hearted than expected.

For someone whose novels have been described as "downbeat," "grim" and "moodily existential," Canadian author David Bergen is surprisingly light-hearted when discussing his latest work of fiction, The Matter with Morris.

On the phone from his home in Winnipeg, Bergen laughs easily and answers just about anything thrown his way. He had even more reason to cheer yesterday when the book was shortlisted for the $50,000 Scotiabank Giller Prize, an award the author won in 2005 for his novel The Time in Between.

His much-anticipated new book, in stores today, tells the story of Morris Schutt, a man in middle-life who is reassessing how he lives, thinks and behaves after his son is killed in Afghanistan.

Reeling from the death of his son, the 51-year-old is separated from his wife, having sex with escorts, prohibited from seeing his only grandchild, and on a forced hiatus from his job as a syndicated newspaper columnist.

In earlier days, Bergen had to steal time from a busy family life to write, often penning novels in his car. Nowadays, he has an office in downtown Winnipeg that he rents for $200 a month with two big windows and a good coffee shop nearby.

A good cup of coffee seems important to Bergen.

He and his best friend Larry, used to get together to talk about books at a local Tim Hortons coffee shop in Winnipeg, forming what they called the T.H.L.S. — Tim Hortons Literary Society. They even had their own T-shirts made, and wore them until the coffee shop manager objected. "He said it was a copyright issue," Bergen said, chuckling.

THE CANADIAN PRESS.

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Coupland, Urquhart on long list for Giller prize

Nominees include 2005 winner David Bergen, newcomer Tom Rachman

The Imperfectionists — Tom Rachman's buzzy debut novel about the decline of the newspaper industry — has made the long list for the $50,000 Scotiabank Giller Prize.

Since the New York Times gave the book a lavish front-page review in the spring, the Vancouver-raised author has become one of the most talked about figures in publishing.

Other high-profile authors whose books made the short list of 13 books are: Jane Urquhart for Sanctuary Line, David Bergen for The Matter With Morris and Douglas Coupland for Player One.

Bergen won the Giller in 2005.

The prize jury — made up of broadcaster Michael Enright, author Claire Messud and writer Ali Smith — selected 13 titles out of 98 books submitted by 38 publishers. The winner will be revealed Nov. 9.

THE CANADIAN PRESS

The rest

Thirteen titles were chosen for the long list:

- **Joan Thomas** Curiosity
- **Michael Helm** Cities of Refuge
- **Alexander Macleod** Light Lifting
- **Avner Mandelman** The Debba
- **Sarah Selecky** This Cake is for the Party
- **Johanna Skibsrud** The Sentimentalists
- **Cordelia Strube** Lemon
- **Dianne Warren** Cool Water
- **Kathleen Winter** Annabel

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Hitting the road again

Communication between band members was never Pavement's strongest asset. Throughout the band's heyday in the '90s, there was hardly a time when they all even lived in the same state. But it was this sort of isolated cool that helped define their music, and the tone of the decade when indie rock slacked into the mainstream.

They had wide-open lyrics, soupy guitars, glorious hooks that almost felt accidental and an overall approach that embraced silliness and angst at once.

Oh, and they also had a guy who shook a tambourine and shouted all the unabashedly catchy "sha la la" song parts, who was arguably one of the most fun to watch sidemen in the past 20 years.

"I didn't do music before I was in Pavement," admits Bob Nastanovich without hesitation. His college friend, singer Stephen Malkmus, invited him to join the band to simply help the band's erratic first drummer keep time.

Nastanovich also didn't do music in the decade between his band breaking up (due to those pesky communication problems) and reforming for a wildly successful tour that hits town this week. He chose a career in thoroughbred horse racing and got into some serious debt.

"I basically bit off way more than I could chew by the end of the '90s, and dug myself a substantial hole by the middle of the decade," he says. "The Pavement tour helped me a lot in getting my head above water."

But rescuing the percussionist from financial difficulties was just a byproduct of the reunion tour. The fan demand to see them was so high that the first Central Park show they announced sold out in two minutes.

"I think we had a good time this year, no matter which of the five you ask," says Nastanovich. "Malkmus doesn't want to let on about it, because he probably doesn't want to admit that he's had a good time because that's not cool in his book."

Pavement grooves ahead

For much of his solo career, the band's frontman Stephen Malkmus has famously refused to play Pavement songs, and only concentrate on his band, the Jicks.

"He's complained a lot throughout the course of the year that this 'Pavement thing' is really screwing up his Jicks schedule," says Nastanovich. "And all I can say to that is, like, he might want to take a second to consider that this 'Pavement thing' might be helping boost interest in his Jicks thing."

GETTY IMAGES

▶ Stephen Malkmus, lead singer in Pavement. After a dormant decade, the band is doing a victory lap this year.

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Blazing his own trail

Danny Michel's eighth album was recorded in Belize, Costa Rica and Holland Recorded independently, it escapes tradition and evades stagnancy

KEITH CARMAN
SCENE@METRONEWS.CA

"This is the first record of mine I enjoy listening to," admits singer/songwriter Danny Michel in regards to his latest independently-released effort Sunset Sea.

"I think you'd be hard-pressed to find any musician that likes their old albums, though. If you were content with them, you wouldn't be moving forward. I like parts of them but writing music should be a constant learning curve."

With some seven predecessors as well as accolades including Juno nominations and boasting Texas rocker Alejandro Escovedo as a dedicated fan, the Kitchener-Waterloo native hasn't exactly been issuing faltering material over the past decade-plus. However, when it comes to Sunset Sea—available at shows and via www.dannymichel.com— the affable Michel notes he has finally shed the confines of speculation and worry on a creative level.

"After I finish every album, I feel like, 'Now I get it! Now I understand what this album is about.' I can see the forest for the trees."

Surprisingly, the results on Sunset Sea showcase Michel eschewing his singer/songwriter legacy. A confident album blossoming with upbeat world-meets-Caribbean vivaciousness and virulence, it is inspired by the desire to embrace fresh elements and escape the trappings of his traditional aural spectrum. Still, Michel admits that he only realized the unrest that taking such a divergent path might cause amongst proponents after the fact.

"I was really nervous about it to be honest. I wasn't sure if people would appreciate it or point and laugh, whispering 'Did you hear what he did,' to each other behind my back."

Garnering nothing less than abounding critical and fan praise, Michel need not have worried. Sunset Sea is quickly becoming his most revered work, prompting gratitude that pundits have let their "adventurous spirit follow along" with/embrace this foray outside the confines of his well-trodden folk-inspired territory.

To that extent, Michel reveals how the experience of creating Sunset Sea was a self-discovering journey both musically and lyrically. Recording in such diverse locales as Belize, Costa Rica and Holland with guests including longtime colleague Sarah Harmer, it is the direct result of that aforementioned desire to evade stagnancy.

"I've gotten pretty sick of rock and singer/songwriter music," he declares. "I include myself in that...I find it to be sort of the same and whiny. I wanted to write some positive songs that have some greater message than, 'I'm sad 'cause this girl doesn't like me.' Sunset Sea turns up they lyrics; focuses on what's really important in life ... somehow."

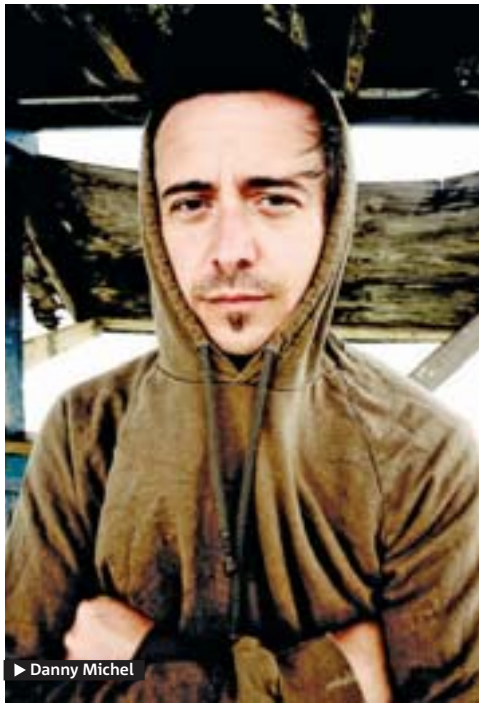
Tour dates

- Edmonton: Sept 24 Arden Theatre *(in St. Albert, Alta.)
- Calgary: Sept 25, The Stage at the Marquee
- Toronto: Oct 15, 16, Glenn Gould Theatre

Dropping labels

Even some major stars have opted to supervise their own careers or shift over to minor labels.

- **Radiohead** issued 2007 opus In Rainbows on their own.
- **Counting Crows** ended an 18 year relationship with Geffen Records in 2009 in favour of autonomy.



Danny Michel

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IT'S TIME TO RETHINK YOUR MUSICAL SCORE

The Audio Files

BRYAN BORZYKOWSKI
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It's not everyday a concert comes to town that makes you rethink everything you know about music. That's what happened though when Roger Waters brought his The Wall tour to Toronto's Air Canada Centre last week.

The gig was easily one of the best concerts I've ever seen, but even though it was originally performed 30 years ago, it felt like I was witnessing the future of the live show.

From the opening chords of In The Flesh, you knew you were watching something unusual.

It may have been the first time in my life that I paid almost no attention to the band — I took a few glimpses of Waters slowly walking across the stage, but that was about it.

It was the mind-blowing visuals that really struck me.

Waters used the wall as a giant screen to display bizarre animations and photos and the more the wall got built up the more ambitious the displays got. It felt like I was watching a movie directed by a Las Vegas veteran (I mean that in the best possible way).

"From the opening chords of In The Flesh, you knew you were watching something unusual. It may have been the first time in my life that I paid almost no attention to the band."

I've seen epic shows before. There was Pink Floyd's brilliant light show on the Division Bell tour; U2's flying lemon during PopMart; Madonna's always over-the-top spectacle; but this was different.

While all of those shows were memorable, in the end they still felt like a rock show.

This took the best parts of those performances — minus Madge's scantily clad dancers — and took it to James Cameron-like extravagance.

The performance wasn't 3-D, but when the wall appeared as if it was falling, when it wasn't, it might as well have been.

It was also worth paying $200 bucks for, and I did shell out. I'm not saying all bands should do this, and Roger Waters can get away with a lot, but the concert industry needs to consider adding more value to the price of an expensive ticket if they want to fill seats.

The industry is suffering — ticket sales for the top 100 bands were down 12 per cent in the first half of the year and Live Nation expects sales to fall more in the second half.

Watching U2 prance around the stage for three hours is not fun (trust me); I'd rather see them return to their extravagant PopMart and Zooropa-like gigs, at least if I'm going to pay a few hundred dollars to watch Bono.

Will we see grander gigs? I think it'll come and as technology improves and becomes cheaper there's no reason we can't see a bar band do something similar to what Waters did.

And when there's more to watch, more people will pay up.

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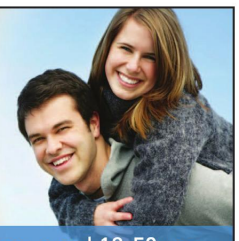

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How do you follow Rainbows?

Radiohead are still trying to figure that out. But they've got some ideas ...

Radiohead is heading back to the studio in a week's time to "take stock" of new material and assess when — and how — it should be released to the world.

Drummer Philip Selway told The Canadian Press the band will regroup next Monday to determine how close the followup to In Rainbows is to being ready.

"We've been working on material on and off for a year now and we've had the summer off, so yes, we're basically taking stock on Monday and seeing what we need to do with the material to move it to those final stages," Selway said in a telephone interview from Amsterdam on Monday.

"We're just returning to it with fresh ears and taking stock of where we are and how close we are to finishing stuff, really, and we won't know till Monday."

Discography

- **1993:** Pablo Honey
- **1995:** The Bends
- **1997:** OK Computer
- **2000:** Kid A
- **2001:** Amnesiac
- **2003:** Hail to the Thief
- **2007:** In Rainbows

The band is working on the eagerly anticipated followup to its seventh album, In Rainbows, which sent shock waves through the music world in 2007 when it was first released digitally online, through the band's own website, and at an indeterminate "it's up to you" price.

The band also streamed a free concert to fans months later on New Year's Eve, and Selway hinted the band might have some more digital or online plans up its sleeves — although he wouldn't say what exactly.

"Whatever we do with any record, it always has to come from the music we've made, whatever we release, and because we're not at that stage at the moment — we haven't finished anything — we don't know how or what's the most appropriate way for getting it out there," he said.

"Then again, you look at the track record of what we've done over the past decade in that area and I suppose, you know, it's probably a safe bet to say there'll be something in there somewhere along the line."

While In Rainbows was largely shaped by extensive touring and live experimentation with the songs, Selway said that won't be the case with the new project.

"Uh, no," he said laughing.

"I don't know what we'll be doing but the process of making In Rainbows — so much came about through what we were doing live — has been quite the opposite so far.

JOHN SHEARER/GETTY IMAGES

▶ Radiohead drummer Phil Selway says the band will continue t be digital innovators.

"But you never know, we might get back together on Monday and after discussing stuff we might just throw this all out and say maybe we need to go back to the drawing board. Who knows, as I say, it's all up in the air at the moment.

"But we've been enjoying what we've been doing."

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Clooney misses the message

But it's loud and clear to girlfriend Elisabetta

George Clooney received a hero's welcome when he visited the tiny Italian hometown of girlfriend Elisabetta Canalis recently, according to People magazine, with crowds coming out to meet him and take photos. One of the residents of Trenuraghes even handed the star a baby to pose with.

"He looked rather awkward with the 7-month infant in his arms, but he posed politely and carefully handed the baby back," a source says. "One of the older women there shouted, 'Ora tocca a te!' ['It's your turn now!']. Clooney obviously didn't understand, but everyone turned to look at Elisabetta. She simply smiled." METRO

▶ George Clooney and Italian girlfriend Elisabetta Canalis

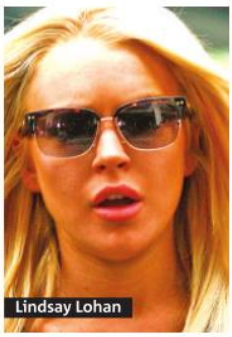
Arrest warrant issued after Lohan fails drug test

A Beverly Hills judge has issued an arrest warrant for Lindsay Lohan after the actress failed a drug test.

The 24-year-old has been ordered to appear in court Friday and is now facing possible jail time for violating her probation.

Officials at Los Angeles County Superior Court say a bench warrant was issued Monday for Lohan. However, authorities say Lohan won't be taken into custody pending the court hearing Friday.

Lohan confirmed on her Twitter page last week that she failed a court-ordered drug and alcohol screening.



Lindsay Lohan

A judge had threatened her with 30 days in jail for each probation violation.

Lohan spent two weeks in jail this year after violating probation stemming from convictions involving her 2007 arrests for drug use and driving under the influence.

Meanwhile, Matthew Wilder, director of Lohan's planned comeback film Inferno, is "stunned" by the news of the failed drug test. "Hopefully we can work this out and we are still trying to get to the bottom of what has happened," he tells Radar Online.

THE CANADIAN PRESS

Talking points

Has Seacrest found his idol?

DANCING. Ryan Seacrest is reportedly ready to propose to Julianne Hough, according to Popeater. "Things are really heating up between them," a source says. "We have never seen him like this before.

For the first time ever, he is taking a second away from work. We never thought he would ever meet anyone he liked as much as he does working, but now he has."

And Seacrest isn't the only one sold on the Dancing with the Stars star. "Ryan's parents adore her," another source says.

"She is smart, beautiful and funny but even more important, she has made their son happy. Now, they are just waiting for him to pop the question. Which could be any day now." METRO

Usher just doesn't have the time

THINKING. Usher admits that between his hectic career and being a father, there isn't a lot of time left for dating.

"I don't have a lot of time for a relationship," the singer tells Live magazine.

"Do I date? Yes. I meet and greet, exchange and connect. So to speak. I don't have sex with everybody I date. Intimacy changes everything. When sex is part of the conversation then there is a sense of entitlement for that woman." METRO

Sandra getting out

PARTYING. Sandra Bullock seems to be enjoying being single again, as the Oscar-winner was spotted partying at Los Angeles gay bar the Abbey recently, according to X-17.

Bullock, who split from Jesse James earlier this year after his cheating came to light, was seen dancing and celebrating with a clutch of friends — including several shirtless men. METRO

Bullock: Not moping at home

Vedder gets married

WEDDING. Pearl Jam frontman Eddie Vedder married longtime girlfriend Jill McCormick in Hawaii over the weekend, according to Us Weekly. They wed before about 70 guests, including Sean Penn. Vedder, who propsed to McCormick last year while in Washington D.C. for the Kennedy Center Honors, already has two daughters with his new bride. METRO

Celebrity tweets

Russell Brand [@rusty rockets] Thanks for your sweet messages of support. After the tips I picked up in chokey I'm an infinitely more proficient criminal.

Lily Allen [@lillyroseallen] Apparently there is a brand new Playstation Move waiting for me at my office in the morning. Tres exciting !!

Ice-T [@FINALLY LEVEL] On the way out to the Hamptons to visit my ballin friends house.. Daily Game: You don't need a yacht.. You need a friend with a yacht.

Courtney Love [@Courtney LoveUK] everyone was a baby!

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ISTOCK PHOTO

▶ Always read the ingredients before buying a shampoo.

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What to look for in a shampoo ◐ Expert warns against 'organic' claims ◐ Recommends always reading the ingredients to know what's in it

CELIA MILNE
WELLNESS@METRONEWS.CA

It may smell like a sea breeze, but does your shampoo harbour nasty chemicals?

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Ergo, citric acid good; sodium hydroxymethylglycinate bad. Labels can be misleading, says Witzel.

"Claims or names that include 'natural,' 'eco' or 'organic' on the front of the bottle should always be verified by looking at the ingredient list on the back."

"People should look for products made with the fewest number of ingredients and those made with ingredients that have names they can understand."
JANELLE WITZEL, TOXICS AND HEALTH AT ENVIRONMENTAL DEFENCE IN TORONTO

A word of warning: safer, healthier shampoos often cost more than mainstream ones.

You may be able to find out more about your shampoo by visiting cosmeticsdatabase.com, which ranks the safety of personal care products on a scale of one to 10.

It is a U.S. site.

Picking up on the purity trend, The Body Shop now offers its Rainforest Hair Care Collection, which is free of silicones, colourants, and parabens. This line of shampoos and conditioners is non-toxic and biodegradable.

Avoid these

We asked Janelle Witzel from Environmental Defence (ED) — an organization that protects human health — to alert us to some of the ingredients we should avoid when buying shampoo.

- **Sodium laureth sulfate and sodium lauryl sulfate:** These are lathering agents. Sodium lauryl sulfate is a known skin irritant and suspected liver toxin. Sodium laureth sulfate, like other chemicals that have "eth" in their name (e.g., polyethelene glycol -- or PEG), may be contaminated with 1,4-dioxane, a chemical which is suspected of causing cancer.
- **Cyclomethicone and siloxanes (e.g., cyclotetrasiloxane, cyclopentasiloxane, or cyclohexasiloxane):** Substances that make things shiny and are suspected of interfering with the hormonal system. They also irritate the skin, eyes, and lungs, and can stick around in the environment for a long time.
- **Fragrance/Parfum:** Often contains some phthalates to help scents last longer. Phthalates are a group of man-made chemicals that disrupt the hormonal system, and can cause infertility and birth defects of male reproductive organs.
- **Triclosan:** An antimicrobial/antibacterial agent that can weaken the immune system, disrupt the hormonal system, and convert to chemicals known to cause cancer.
- **DMDM hydantoin, diazolidinyl urea, imidazolidinyl urea, methenamine, quarternium-15, and sodium hydroxymethylglycinate:** Preservatives that release small amounts of formaldehyde over time. Formaldehyde is a recognized human carcinogen and a substance that has been linked to various other health effects.
- **Parabens:** Preservatives that can easily penetrate the skin and are suspected of interfering with hormonal system and causing cancer. They also irritate the skin.

3 life

What to buy

WebMD listed these Top 10 Foods for Healthy Hair:

- Salmon
- Dark green vegetables
- Beans
- Nuts
- Poultry
- Eggs
- Whole grains
- Oysters
- Low-fat dairy products
- Carrots

CELIA MILNE

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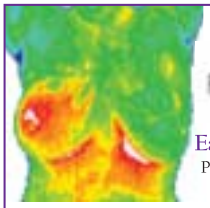

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Healthy hair: Strand SOS

▶Nutritionist Michelle Kingston

The quality of the hair on your head depends on the circulation to hair roots and the amount of nutrients present in your body to feed your hair. Nutritionist Michelle Kingston helps us with the Top 5 hair problems and how to treat them with nutrition.

1 **Dry and brittle.** Dry and brittle hair can be a sign of essential fatty acid deficiency. Add flax seed oil, nuts, seeds and oily fish to your diet.

2 **Greasy.** Greasy hair can be a sign of B vitamin deficiency.

Vitamin B2 is the most important vitamin to help greasy hair and food sources are fish, milk, eggs and leafy green vegetables.

3 **Hair loss.** Stress, hormonal imbalance, nutrient deficiency or an under active thyroid can cause hair loss. Supply plentiful amounts of the building blocks for hair by increasing your intake of protein and iron each day.

4 **Dandruff.** Often occurs when the diet is too high in saturated fats, causing thick oil secretions from the scalp that gets clogged in the skin. Remove junk food and saturated fats from your diet.

5 **Slow growing or loss of colour.** This could be due to zinc deficiency. Avoid sugar and refined carbohydrates, as these all deplete zinc in the body.

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APOTEX
ADVANCING GENERICS

Danger of drinking water

Children whose drinking water contains high concentrations of manganese appear to have lower IQ scores on average than children not exposed to the metallic element, researchers have found.

In a study of more than 350 children in Quebec communities dependent on tap water from wells, researchers found a striking correlation between manganese levels in the water and IQ scores.

"It's pretty straight-up," said lead author Maryse Bouchard, a researcher in environmental health at the University of Montreal.

"We saw that the average IQ decreased with increasing tap water manganese concentration," Bouchard said from Montreal. "And the difference between the least exposed and the most exposed was in the order of six IQ points, which is a very big difference."

The researchers, whose paper is published in Monday's issue of the journal Environmental Health Perspectives, tested tap water used by 251 families living in eight communities in an area roughly between Montreal and Quebec City.

The area had no industrial source of manganese, which is used in batteries, as plant fertilizer and as an alloy of steel. It is commonly found in groundwater due to leaching from minerals and rocks. Neuropsychologists gave a battery of tests to 362 children aged six to 13 taking part in the study to determine their general cognitive abilities, including verbal, visual and concept-formation skills.

THE CANADIAN PRESS

More research

What else they found:

Manganese The researchers also estimated manganese intake from water ingestion as well as diet, using a food frequency questionnaire. Manganese is an essential nutrient and is found in a wide variety of fruits, vegetables and grains. But it can be a potent neurotoxin in high concentrations, and occupational and environmental exposure to airborne manganese has been linked to neurological deficits in both children and adults. Manganese is believed to interfere with neurotransmitters like dopamine and serotonin which are important for cognitive functioning.

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No longer metro

Manscaping: From metrosexual to mainstream

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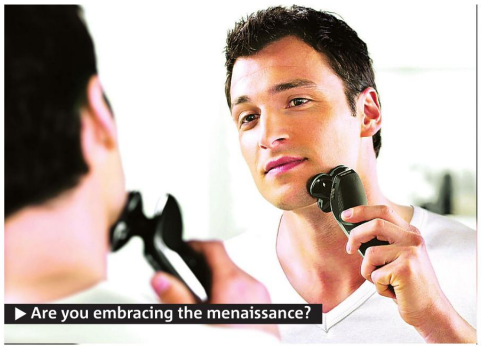

▶ Are you embracing the menaissance?

Today's modern man is at the forefront of a revolution. As the scales of work and domestic responsibilities become more balanced, more men are taking an active role in choosing their wardrobes, toiletries and personal care products. The trend is quickly moving from metrosexual to mainstream.

The shift, or menaissance, is happening in surprising numbers. If you're not sure you, or the guy you love, can reap the rewards of this revolution, the following habits might shed some light:

Shopping

Male scent products are on the rise and manicure and pedicures shops are not just a female domain anymore. Increasingly targeted toward males, manufacturers are producing high quality, male-oriented products for the marketplace. Whether it's fedoras or man bags, men are jumping into the realm of beauty and fashion, and making their own decisions.

Shaving

Manscaping has become a household term and men have shelved the old single blade razor for premium quality shaving products — like Philips SensoTouch 3D electric shavers that can be used wet or dry, and contour, flex, tilt and pivot for a flawless look. There are also vacuum beard trimmers to help them keep their bathrooms clean and their beards at a perfect length.

Saving

Men are comparison shopping for products on the basis of price and quality, whether it's online or in stores. That said, regular guys are happy to spend money on products that will help them achieve a great look. With more and more regular guys trading in the corner barbershop for salon inspired cuts, it's time we all embrace this cultural menaissance.

NEWS CANADA

TBBS

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Please call: (416) 979-5000 ext 2568
E-mail: cardiac.insomnia@ryerson.ca

Location: Ryerson University, Health Intervention Research Center. Funded by the Canadian Institutes of Health Research

Summer loving had me some pounds

Why is it some of us end the summer a little thicker
Lee Mullins of Bodyism tells us both sides

The skinny story

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Less stress

The less stressed we are the less cortisol is produced.

Cortisol is a hormone released when our bodies are stressed, and is linked to us storing fat on the tummy.

Sun exposure

Our body absorbs vitamin D from the sun's rays.

Vitamin D boosts our immune system and helps us maintain healthy bones throughout our bodies.

Sun exposure is good in moderation but if you get too much it will damage skin.

Regular eating

Having time allows us to eat more regularly, preventing us from skipping meals or overeating at the end of the day.

Fitting meals around hectic schedules can lead to erratic eating habits whereas on holiday we tend to eat at similar times each day which helps keep

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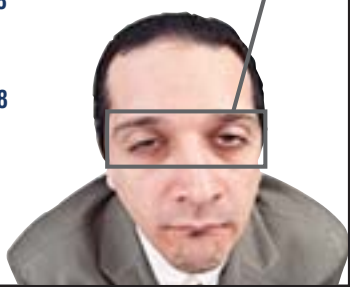

FLICKR CC PERFECTOINSECTO

The plus-size story

Why do we gain weight after a holiday?

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Relaxing right

Did you spend your summer lazing by the poolside or hiking and water skiing?

Spending the day laying on the beach isn't the most active, especially if your body is used to regular gym workouts or just an overall active, physical lifestyle.

Diet

We tend to overeat because of the extra time we have to sit down and enjoy our meal rather than eating meals scattered throughout the day.

Without even realizing it, our sugar and carbohydrate intake increases over time.

Combine this large intake with lack of exercise and you will eventually begin accumulating more body fat.

Alcohol

Cocktails are nothing more than sugar and toxins.

If you're going to be drinking go for a glass of red wine high in antioxidants.

Stay hydrated with the right drinks such as water and herbal teas and not sugary sodas.

Late nights

Late nights caused by too much partying or jet lag can lead to us storing up more fat, messed up hormones and low energy levels.

Sleeping in late will only make you feel more lethargic whereas getting 7-8 hours sleep increases energy levels.

Breakfast

What we have for breakfast will affect how we feel for the rest of the day.

Starting the day with some blueberries, yoghurt and a handful of brazil nuts will help you will feel less bloated and more energized than if you've eaten a butter croissant or white bread.

our metabolism going strong.

More sleep

Less stress generally leads to more sleep and that's a very good thing.

A good nights sleep (7-8 hours) enables the body to repair and recover itself more efficiently.

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NEW NORDIC

"NO MORE BLOATING!"

How people with sensitive and bloated stomachs can reduce their discomfort.

Jenna lives in Sweden and recently started having trouble eating especially carbohydrates. It would cause her to bloat and feel bad after meals. Using dida™, a natural anti-fungal product, she found a solution to her problems and now safely can eat breads and other carbohydrates again.

"I love bread. It's my favorite food! Almost every day, I would have it in some form. But about a year ago, my stomach started getting very bloated after meals, and I would feel uncomfortable or have flatulence. It was getting to a point where I was embarrassed to be with my friends, because I felt they would notice my bloated stomach."

I didn't know why ...

"For the longest time I thought something was wrong with my digestion – maybe a gluten allergy. I tried eliminating certain foods, but that didn't really work.

Then my pharmacist told me about how yeast can create problems. When we consume active yeast, as in breads, there is a chance that the yeast fungi overgrow in our intestines. The yeast lives of the sugars and starches we eat and produces gas in the process. This leads to various stomach irritations, but it also depletes the body of nutrients. And if the problem persists, yeast fungi can create yeast infections."

I was advised to take dida™

"My pharmacist recommended that I try dida. He told me it was made from ingredients like garlic, cinnamon and oregano, and that it would eliminate the yeast overgrowth. I bought a pack and tried it.

Initially, I felt a bit uncomfortable. But after about a week, my bloating and flatulence started to decrease. I was very excited - something was actually helping me! After a month, I can now say that my problem is gone. I am back to eating everything and have no more problems. My stomach is flat again!"

HOW CAN DIDA HELP YOU?

Are you affected by fungal overgrowth? Many of us live with fungus in our body, without ever knowing it. We know the symptoms, but don't recognizing the problem.

Researchers have showed that high concentrations of natural antifungal plant extracts have a positive influence on the excessive growth of fungus. The extracts are digested and create an environment in the intestines that inhibits fungal overgrowth.

Dida is a natural product from Scandinavia. It combines anti-fungal and anti-septic ingredients to help you kill fungus. Taking dida is a long-term solution that will eliminate fungus, bloating, sugar cravings, upset stomach and infections.

Did you know?
Over 75% of all women experience a yeast infection, and 90% of these are caused by Candida fungi. Candida fungi can create a myriad of problems, such as irritability, flatulence, rectal itching, bloating and digestive pains.

Dida is available at participating pharmacies and health food stores, such as Shoppers Drug Mart, Loblaws, Superstores, Extra Foods, Zehrs, Zellers, Rexall, PharmaPlus, Jean Coutu, GNC, Nutrition House, Ambrosia, Alive and Morning Sun.

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UBC

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United BioSource Corporation (UBC)* is looking for people to take part in a 1-1 ½ hour interview about hypothetical health choices. Interviews will occur in Toronto. The study does not involve treatments. We are interested in your opinions.

Participants will receive $50 CAD for their time.

If you are interested in learning more about this study, please contact UBC by phone:

1 877-885-0793
Please quote reference: 10043

*United BioSource Corporation is a research organization that focuses on issues relating to health economics, and quality of life, specializing in outcome studies, economic evaluations, and policy research.

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Bringing eye health into focus

Why taking your child to see an optometrist annually for a routine eye exam is a must Not detecting vision problems at an early age can lead to a lifetime of difficulties for them

Children's eye health is generally overlooked by Canadian parents with nutrition and socializing ranked higher priorities.

Evidence shows that the majority of Canadian parents wouldn't be able to detect if their child had an eye or vision problem. Moreover, only four per cent of parents surveyed by Leger Marketing would immediately think that difficulties in school could be linked to poor eye sight.

Optometrists at routine eye examinations can detect vision and eye health issues which if left undetected could cause lasting problems, potentially affecting other areas of a child's life. The Canadian Association of Optometrists encourages parents to take their children as young as six months for an eye exam and has the following tips for parents:

• 20-20 vision doesn't necessarily mean healthy eyes. Research shows 98 per cent of Canadian optometrists have detected vision problems in children despite parents' claims of 20-20 vision.

• A common misconception is that children need to be able to read in order to have their eyes checked. In fact, the Canadian Association of Optometrists recommends eye exams in infants by six months, at age 3, and annually from ages 5 to 19.

• Be alert for signs that your child could have a vision problem. If your child is losing his or her place while reading, rubbing his or her eyes or performing below his or her potential in school then take your child to their optometrist for an eye exam. For more information on what to look for, visit opto.ca

An eye examination will include:

• A review of your child's health and vision history

• Tests for nearsightedness, farsightedness, astigmatism, and focusing ability.

NEWS CANADA

▶ Make your child's eye health a priority from a young age.

Myths

Dr. Tanya Sitter, Canadian optometrist and Councillor for the Canadian Association of Optometrists answers your questions about children's eye health separating fact from fiction.

My daughter is three years old, and not even old enough to read. Why would she need an eye exam? Many parents mistakenly believe that children need to be able to read to have their eyes checked. This is a myth. Eye exams can identify eye and vision problems in infants and children of all ages. For example, amblyopia (lazy eye)if left undetected and untreated can result in poor vision which cannot be corrected.

I haven't taken my son to the optometrist because he gets vision tests at school. Aren't vision tests the same as eye exams from an optometrist? No.20/20 score means only that a child can see at 20 feet what he or she should be able to see at that distance. It does not measure any of the other components of the visual system such as depth perception or eye health.

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Email: StepsToLess@smh.ca

Fall food equals comfort

ROSE REISMAN
FOOD@METRONEWS.CA

As fall approaches we have to take advantage of the fresh seasonal produce available. A wonderful root vegetable soup, roasted fall vegetables and a delicious pork tenderloin fits the bill. Serves six, enjoy!

Ingredients:

Carrot and parsnip soup
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1 cup chopped onion
- 4 cups chicken stock
- 1 1/2 cups diced carrots
- 1 1/2 cups diced parsnips
- 1 cup peeled and diced potato
- 1/2 tsp cinnamon
- pinch of salt and pepper
- 1/3 cup canned evaporated milk (2%)
- 2 tsp honey
- 2 tbsp low-fat sour cream

Bake root vegetables
- 1 lb sweet potatoes, unpeeled and cut into wedges
- 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
- 1 lb butternut squash, peeled and cut into 2-inch pieces
- 1 large sweet yellow onion, cut into 8 wedges
- 2 large peeled parsnips, cut into 2-inch pieces
- 2 peeled beets, cut into 1-inch pieces

Dressing
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 Tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 cup chopped parsley

Glazed pork
- 1 1/2 lb pork tenderloin, butterflied

Stuffing
- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie cheese

Glaze
- 2 Tbsp orange juice concentrate
- 2 Tbsp red currant or black currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish
- 3 Tbsp chopped parsley

Preparation:

Carrot and parsnip soup

1. Coat a nonstick pot with cooking spray, add the vegetable oil and set over medium heat. Add the garlic and onion and sauté for 5 minutes or until just softened.
2. Add the stock, carrots, parsnips, potato, cinnamon, salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 20 minutes.
3. Purée the soup. Return the soup to the saucepan and stir in the milk and honey. Heat through. Serve with a dollop of sour cream.

Baked root vegetables with maple syrup and cinnamon

1. Preheat the oven to 425°F. Line 2 baking sheets with foil and coat with cooking spray.
2. Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork tender. Place vegetables on a serving platter.
3. To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the vegetables. Garnish with parsley.

Orange-glazed pork tenderloin

1. Preheat the oven to 375°F. Line a baking sheet with foil coated with cooking spray.
2. To make the stuffing, combine the cranberries, walnuts, cinnamon, cloves and walnut oil in the bowl of a small food processor. Pulse on and off until the mixture is crumbly. Add the diced brie and pulse once or twice, just to combine.
3. Open the pork loin like a book and stuff with the fruit and nut stuffing. (If you would like to make this easier to roll, first pound the pork to a 1/4-inch thickness before stuffing.) Secure with either kitchen string or toothpicks. Set a large, nonstick grill pan or skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 or 3 minutes on each side. Place on the baking sheet and bake for about 20 minutes or until cooked to medium (until the meat reaches an internal temperature of 145°F). Wait for 10 minutes before slicing.
4. Meanwhile, prepare the glaze by combining the orange juice concentrate, jelly, vinegar, olive oil, orange zest and garlic in a small saucepan. Set over medium heat for 1 minute and drizzle over the sliced pork. Garnish with parsley.

Sometimes you don't need any cute animals

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

I'm not sure if the winemakers of Australia are looking for a theme song, but just in case they are let me suggest Oasis' Where Did It All Go Wrong?

A decade or so ago the Aussies were the kings of varietal labelling (supplementing the grape names with cute and quirky animal imagery) and captured the palates of the world with their boozy, up-front fruited wines.

Today sales are slipping thanks in no small part to a knee jerk reaction to critter labels (now everything on the shelf looks the same) and some major homogony in flavour (i.e. too many taste the same).

Though hopes are high that regional diversity will save the day I'm more of the mind that personality is what will win new fans and with its blend of shiraz, cabernet sauvignon and petit verdot the Wirra Wirra 2008 Scrubby Rise Red ($15.95 - $19.32) has gobs of it.

Rich, deep and muscular, it's a Down Under red that cries out for some grilled beef.

The 2007 Ringbolt Cabernet Sauvignon ($21.99 - $25.43) is another unique red that shows of the individuality Australia can offer.

This is some killer juice with plenty of well wooded black berry fruit that's extremely steak friendly.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Fruit roll-ups: A kid-friendly lunch-box treat

These simple-to-make roll-ups are a good after-school snack or lunch box treat. They include fresh or frozen blueberries, apples and zucchini.

THE CANADIAN PRESS

▶ Fruit Roll-Ups.

Ingredients:

- 125 g (4 oz) cream cheese, softened
- 15 ml (1 tbsp) each cinnamon and honey
- 5 ml (1 tsp) grated lemon rind
- 500 g (1 lb) frozen whole wheat pizza dough, thawed
- 500 ml (2 cups) shredded apples, squeezed dry
- 500 ml (2 cups) shredded zucchini, squeezed dry
- 250 ml (1 cup) blueberries (if frozen, do not thaw)

Topping

- 50 ml (1/4 cup) honey

Fruit Roll-Ups Preparation:

1. In a small bowl, combine cream cheese, cinnamon, honey and lemon rind until smooth; set aside.
2. On a lightly floured surface, roll out pizza dough to a rectangle measuring 35 by 30 cm (14 by 12 inches) that is 5 mm (1/4 inch) thick.
3. Spread with cream cheese mixture. Top evenly with apples, blueberries and zucchini. Starting at long side, roll up, pressing firmly so dough is snug around filling and gently smoothing roll to even thickness. Cut into 12 pieces. Place, cut side down, in buttered 3.5-l (13-by-9-inch) baking pan.
4. Bake in a 230 C (450 F) oven for 25 minutes or until golden brown.
5. Topping: Drizzle with honey while hot. Serve immediately.

THE CANADIAN PRESS

ADVERTISING FEATURE

Quality milk delivers quality cheese

Creamy, sharp, smooth, delectable… adjectives roll off your tongue the moment Damafro's cheese touches it.

With its varied selections like brie and camembert tempting customers across Canada, this Quebec-based company is proving that local ingredients can produce world-class taste. All it takes is know-how, along with the best ingredients like Canadian milk.

"The 100% Canadian Milk symbol is our label of quality," explains Philippe Guérineau, Damafro's Marketing Manager. "It underlines our commitment to producing the best cheese you can eat, because, as you can see, we're using the top ingredients available."

Damafro's cheeses, which bear the 100% Canadian Milk symbol, are made with the utmost care—and always with safety in mind. The Damafro plant is located in Saint Damase, almost in the middle of Quebec's small but agriculturally rich Montérégie region. Every day it takes deliveries of raw milk from some 100 dairy farms speckled across Montérégie, and that milk must meet a high standard before it becomes part of the company's products.

"We dedicate one section of our plant to deliveries," says Philippe. "Traffic to and from that section is very limited. Any piece of equipment used there is marked with a red symbol, so if we see a red-marked object outside that area, we know it must be cleaned and sterilized before it's returned. We even have our employees change in and out of red clothing, to ensure there is no outside contamination."

With precautions like these in place, it all comes down to the milk itself. In addition to testing for contaminants, Damafro also checks for an ideal balance of fat, sugar, and protein, which is essential for its cheese-making process. There is no room for second-best. As Philippe says: "Great cheese needs great milk. And Canadian milk is the best there is."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

100% CANADIAN MILK

Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

▶ Visit a park or trail to admire the beauty of the red, orange, and yellow leaves.

Things to do with your family this fall

The change in season brings a host of things you can do with your children

With school in full swing, kids may begin to reminisce of summer days of lazing around the house, enjoying a relaxed breakfast with mom and dad, splashing around the community pool, and building sandcastles at the beach.

But the change in season brings a host of fun things you can do with your children. Raise their spirits with these five fall activities:

1. Look at leaves — then jump in them. Visit a park or trail to admire the beauty of the red, orange, and yellow leaves. Let your children get messy as they jump into piles of leaves or have leaf fights.

2. Go apple-picking. Apples are prime for the picking in autumn. Bring your family to an orchard for an educational and enjoyable outing. Your children will learn about harvesting practices as they pick fruit and you can feel good about supporting your local farmers.

3. Bake something with pumpkin. Pumpkins are a great source of beta-carotene; vitamins C, K, and E; and lots of minerals like potassium, magnesium, and iron. Go online to find some kid-friendly pumpkin recipes that you and your children can try. Then enjoy your finished product — or better yet — share it with others.

4. Donate to charity or volunteer. Your local food bank may need an extra set of hands to pack and distribute canned goods from fall food drives. Teach your children about the importance of helping others by volunteering together. You can also encourage them to help children and families in need around the world by donating gift items like school uniforms and vegetable seed kits through Christian Children's Fund of Canada, an international child development organization. Visit ccfcanada.ca/GiftCatalogue.

5. Participate in community events. Look into your town's local listings for special festivals and events. Or make new friends by hosting a fall-themed neighbourhood potluck, complete with fun games for kids, like bobbing for apples or a scavenger hunt.

NEWS CANADA

ST. PATRICK'S DAY SPARKED RELATIONSHIP

How We Met: Kara & Matthew

Names: Kara, 23, and Matthew, 27

Hometown: Fort Saskatchewan, Alta.

Together since: 2007

Their story:

"I (Matthew)| am a land surveyor and in March 2007, I was working in my hometown for a couple of weeks, staying with my parents ... My sister and I decided to get some friends together for St. Patrick's Day.

"When I showed up at the house after work, I was surprised to see a beautiful (woman) there (Kara) — she was my sister's friend and I found out she'd be joining us for the night. We headed to Boston Pizza for some green beer and apps, and then hit up the town nightclub, which was pretty much deserted, so we all decided to play pool. Before long, I was paired up with Kara. We cleaned up at the table — there was definitely chemistry there!

"The following week, I called the salon where Kara worked to book a haircut, and we began dating right after that appointment.

"We now live together and, once in a while, I sit back and wonder how I got so lucky."

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▶ Kara and Matthews met on St. Patrick's Day.

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Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

WATCH FOR WEAK SPOTS

Everyone has a financial weak spot. For me, it's books. When I walk through my favourite rickety old book shop, I smell the insight fused into the books, which rest on dilapidated wooden shelves. My senses are overwhelmed and impulse takes over — $40 and two masterpieces later, I've caved to the temptation.

Can you afford your financial weak spot? Satisfying an impulse to buy something you don't need can be dangerous; increased spending often leads to unnecessary bad debt. According to a recent report by the Certified General Accountants Association of Canada released in May 2010, Canadian household debt continues to rise. Today, Canadians collectively owe $1.4 trillion, which is 2.5 times greater than in 1989 and if it were spread evenly among all Canadians, each person would owe $41,740.

Good debt, like a mortgage or investment loan, is used to purchase assets which grow in value. In moderation, good debt is okay and it typically has a lower interest rate. Bad debt, a.k.a. consumer debt, often incurred through impulse buying, doesn't help you grow your assets. Car loans and credit cards fall into this category.

The perils of the penniless masses

- In today's world saving is an absolute necessity
- Are you one of the 60 percenters?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A Canadian Payroll Association survey notes that nearly 60 per cent of Canadians live pay cheque to pay cheque and admit they would be in financial difficulty if their pay pack arrived a moment later than expected.

I know what this is all about. No savings. More specifically, no emergency savings. Lots of people do have savings — group pension plans, RRSPs, RESPs but they're reluctant to tap that money if the washing machine breaks down.

Most financial planners advise employed homeowners with children to set aside three months of net income — six months for the self-employed. So, if you clear $32,000 annually you should have roughly $8,000 in an emergency account, twice as much if you're self-employed.

"Good luck with that," you say. You're right. I'd settle for a single month.

Part of the reason to save is to protect from job loss but also to cover out-of-the-ordinary expenses. Typically, when you're living pay cheque to pay cheque those unexpected expenses slide over to credit cards, credit lines, overdrafts or buy now pay later plans.

▶ Many Canadians live pay cheque to pay cheque.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

I find this is often a financial tipping point for a family. A large debt goes on the credit cards and suddenly you feel like there's a noose around your neck getting tighter all the time.

Unfortunately, there are only two ways to solve this problem; make more money or cut spending. For most the latter is the only practical way to break the pay cheque to pay cheque cycle.

The good news here is that 60 per cent of those surveyed said they were trying to save more money. All you folks get a 10. For the rest of you there is some serious remedial work ahead. Next week I'll motivate the sluggards with some 10 saving tips and tricks.

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Robert Kiyosaki will not attend this event

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Many students now work around the clock

Business that offer flexible work hours help students balance class and study time

For university and college students, finding a part-time job can be difficult. A demanding school schedule is tough enough; add to that the strain of employment and you end up with a lot of stressed-out youth.

However, part-time jobs help students pay for tuition, groceries, rent, and other expenses. So, as September rolls around and students head back to class they will be on the hunt for jobs to meet their financial needs while providing them with the flexibility they need while studying.

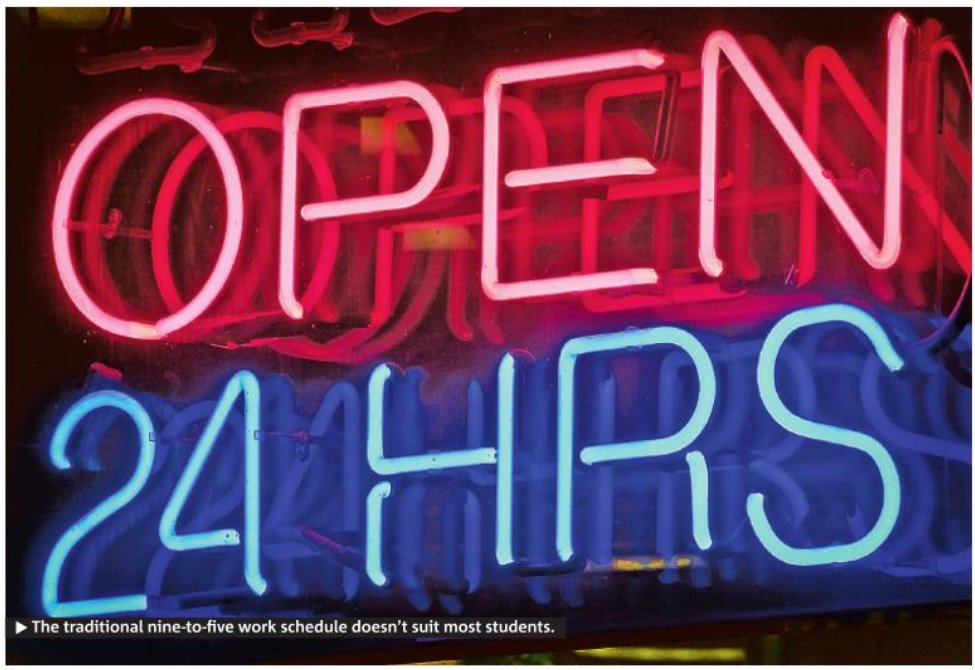
Unfortunately, the traditional nine-to-five work schedules many businesses offer students make it difficult to balance class and study time. To attract the student demographic, businesses that offer flexible work hours that can easily fit into class schedules are a great alternative.

Considering these factors, quick service restaurants, like McDonald's, continue to be great places for students to work. With many restaurants now open 24 hours, employment opportunities are available outside the traditional nine-to-five. Shifts can be easily tailored to fit the lives of university or college students whose schedules can include evening classes and days off between lectures.

Additionally, these restaurants offer competitive wages, excellent employee benefits, and comprehensive training. They are also some of the best companies to work for — McDonald's, for example, has been rated as one of Canada's top employers nine years in a row.

For details about working at McDonald's visit worksforme.ca.

NEWS CANADA



▶ The traditional nine-to-five work schedule doesn't suit most students.

consumer trend

Business that make customers cater to their hours instead of catering to the customers' schedules are losing out.

Luckily, banks, gyms, and quick service restaurants, like McDonald's, have caught on to this consumer trend and are offering customers even more convenience.

Customers want 24-7 access

For many, regular nine-to-five business hours are becoming a thing of the past. Consumers are looking for instant gratification they want what they want, when they want it. This has challenged many companies to re-evaluate how and when they do business. Simple as it seems, businesses that offer around-the-clock availability have set the trend. With convenience at a premium, we're quickly becoming a 24/7 society.

Businesses in many different industries have caught on to this consumer trend. Examples of companies catering to the 24/7 customer include:

- Gyms and fitness centres
- Quick service restaurants
- Banks through use of online banking
- Grocery stores
- And call centres

Companies that have adapted to this change are enjoying a competitive advantage. Consumers are returning to businesses that are open when they need them to be. It's a matter of consistency and reliability. In today's market, making a customer wait until 9 or 10 a.m. the next morning could result in lost business.

NEWS CANADA

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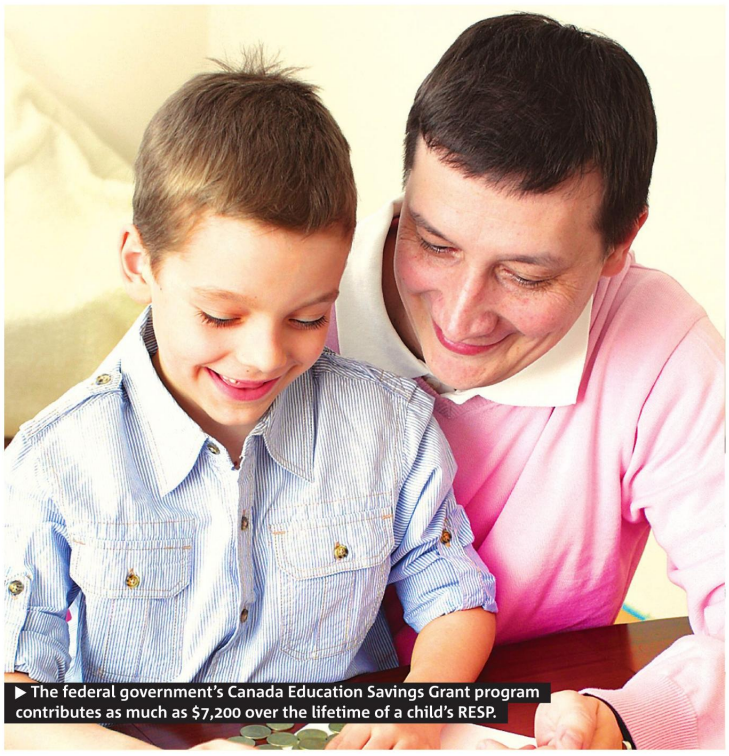

▶ The federal government's Canada Education Savings Grant program contributes as much as $7,200 over the lifetime of a child's RESP.

One of the first things that new parents or grandparents should do is to open an RESP (Registered Education Savings Plan) for their child.

When your life is focused on diapers, feedings and getting your infant to sleep through the night, university is not exactly top of mind. But, this is actually the ideal time to start saving. A report by TD Economics estimated that by 2027, the cost of a four-year undergraduate degree will be more than $100,000.

"If you start saving early, there are many tax and financial advantages on your side," says Carrie Russell, senior vice president at TD Canada Trust. "Like Registered Retirement Savings Plans, investment gains inside RESPs are tax sheltered and represent one of the best tax breaks out there — you end up with more money and pay less tax."

Here's how it works:

You open an RESP in your child's name and make contributions. The investment earnings in the RESP are sheltered, meaning you don't need to pay tax. When your child goes to post-secondary school, they can withdraw money as Educational Assistance Payments and that money is taxed at their rate. They are likely in a low tax bracket at that stage, so all the money from the RESP is subject to little or no tax.

The government will help:

The federal government's Canada Education Savings Grant program contributes as much as $7,200 over the lifetime of a child's RESP. The basic CESG contribution is 20 per cent of the first $2,500 contributed annually to an RESP, but the amount of the grant each year depends on your income level — lower household incomes benefit from increased support.

Get started:

To open an RESP you'll need a Social Insurance Number for your child. Then talk to your bank to find the right plan for you and determine a monthly contribution that fits your budget.

NEWS CANADA

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An MBA with arts flair

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For more than 40 years, the Arts & Media MBA program at York University's Schulich School of Business has trained leaders in arts.

The unique program — the only one of its kind in Canada — counts people like Roy Thompson Hall and Massey Hall director of operations Colleen Smith and CTVglobemedia senior vice-president Tracey Pearce among its alumni.

The program's director, Joyce Zemans, says the degree's success stems from its unique mandate to give candidates a strong management foundation in the arts.

As the Internet continues to meld with traditional media and mould it into something new, the need for skilled leaders is growing, Zemans says.

ROY THOMPSON HALL

▶ York University's Schulich School of Business offers an MBA in the arts and counts Roy Thompson Hall and Massey Hall director of operations Collen Smith among its alumni.

Arts & Media

- The MBA program in Arts & Media Administration was founded in 1969 at York University's Schulich School of Business
- Enrolment is quite tight usually only accepting 15-20 new students each year
- Offered also as a combined Masters in Fine Arts/Arts and Business Administration (MBA/MFA or MBA/MA)
- Access the program site at artm.schulich.yorku.ca

"Without question there's recognition across the board that more and more people in the cultural sector are coming with management and leadership skills and there's more demand for those people as well," Zemans said.

"We hone the program on a regular basis to make sure it responds to the current environment in the cultural sector."
JOYCE ZEMANS, YORK UNIVERSITY

The program attracts students with a surprisingly wide variety of backgrounds and skill-sets, with the one thing in common being each one usually has spent some time working in the arts or media industry and now want to take a commanding role.

"Most of our students come from solid experience in the arts sector. They may be from all forms of media, but what they all want is to develop the management skills they require to become leaders in the sector," Zemans said.

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Queens/Cornell MBA Doubles your money

U.S.-Canada partnership offers a continent full of networking

JON TATTRIE
FOR METRO CANADA

Business students with ambitions to work in the U.S. might want to consider the Cornell-Queen's Executive MBA, which allows people from both countries to earn an MBA from two elite universities in 18 months.

The partnership between the Toronto-based Queen's School of Business and the Johnson School of Management at Cornell University in New York is offered via in-person and video-conferencing classes in 20 cities across North America.

Shai Dubey, the director of the program, says the bond students form is invaluable for business careers.

"They get to know each other quite well," he says. "A lot of these folks are hiring managers, so when job opportunities come up, where do you go to? You go to the folks you've spent the last 18 months with."

The program mixes several weeks of residency at Queens and Cornell with video classes starting at 9:30 a.m. EST across the continent, meaning an early start for west coast students.

The video lectures are interactive, allowing students to talk to the professors and each other.

Students from Ottawa or Edmonton travelling on business often stop by the New York or Seattle classes while they're in town, Dubey says, giving them a chance to make live connections.

Crossing borders

- The program is available in Toronto, Montreal, Ottawa, Calgary, Edmonton and Vancouver across the Great White North.
- South of the border students can attend in New York City, Syracuse, Buffalo, Ithaca, Salem, Washington, DC, Cincinnati, Cleveland, Columbus, Portland, Atlanta, Dallas, Houston and Seattle.

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SUBMITTED/QUEENS SCHOOL OF BUSINESS

▶ Lecturer Barry Cross teaches a videoconference boardroom session.

Continental networking

With more than 100 students in 20 cities across the continent, the opportunities for business movement are immense.

Students from Vancouver and Arizona have wound up with top jobs in New York City and Montrealers in New Jersey.

Flow north of the border has been more limited, but there have been many cross-border business deals born in the Cornell-Queens classrooms.

American students in Dallas and Houston do often make critical connections and occasionally move for jobs in Calgary due to the oil industry.

For Canadian students, careers in the U.S. are made much easier because they can present a degree from one of the States' original Ivy League schools.

JON TATTRIE

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SOLDIER'S INTERNATIONAL

Veteran tours the globe on his EMBA, puts knowledge to work

By the time Captain Scott Savage signed up for the Rotman School of Management he was already a strategic thinker and up for almost any challenge thrown his way.

Savage, who has toured with the Canadian military in Afghanistan, completed the school's Omnium Global Executive MBA in 2008.

He had planned for several years to make the transition from the military to finance and was attracted to Rotman because of the focus put on first hand exposure to global markets.

"We don't do business solely with the United States," says Savage. "It is not fortress North America."

The 18-month Omnium program costs $85,000 and participants are taken to key centres of business in countries such as China, Brazil, Europe and India over the course of the MBA.

"The companies that we look at have global operations and understanding what is going on in those countries gives you a leg up."
CAPTAIN SCOTT SAVAGE

Savage, 33, currently works for TD Bank Financial Group, joining the bank's management associate rotation program in spring 2009. Participants take part in four, six-month rotations, which over two years expose them to every part of the bank's operations.

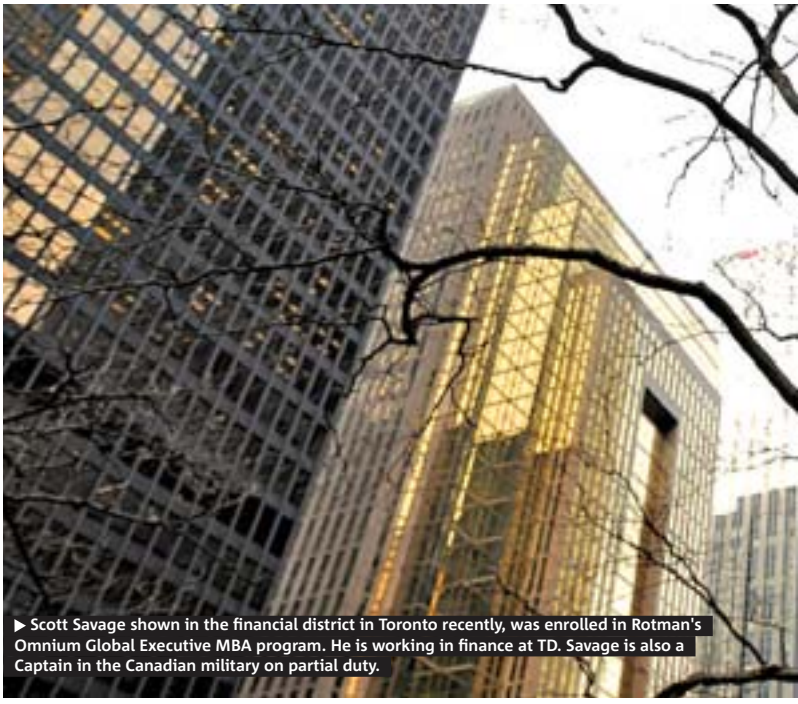
"The companies that we look at have global operations and understanding what is going on in those countries gives you a leg up," he said.

Beatrix Dart, associate dean and executive director of the Rotman Initiative for Women in Business, can't fathom how any student of business would want to limit their learning to what is available strictly on their native soil.

"I find it so surprising that there is so little effort from the Canadian perspective to understand the rest of the international economy," said Dart.

She said first-hand experience with global markets is key for anyone seeking to understand international business. It is also essential considering the increasing level of foreign involvement and investment in Canadian companies, she said.

Dart's peeve is that Cana-



▶ Scott Savage shown in the financial district in Toronto recently, was enrolled in Rotman's Omnium Global Executive MBA program. He is working in finance at TD. Savage is also a Captain in the Canadian military on partial duty.

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EXPERIENCE PAYS OFF

AARON HARRIS/TORSTAR NEWS SERVICE

da remains very U.S.-orientated as an economy, and, as a result, trade links to areas of the world including Europe and South America are underdeveloped.

This program is a way to bridge that gap, she says. Next year, the class will be heading to India.

"Unless you have been there, you have no clue about how fast-growing it is, how innovative, how creative," said Dart. "You can see it as a threat or you can see it as an opportunity. Hopefully, this program helps you to see it as an opportunity to engage."

Savage said working to solve business problems in Asia and South America during his EMBA program gave him an edge in the world of finance, particularly operating out of a city as diverse as Toronto and in an increasingly global economy.

In China, they were paired with the founder of a western-style consulting firm that needed a business plan to bring clean technology into China.

"It was kind of his brain child, but he needed someone to work out the model for him," said Savage.

Savage joined the military in 1993, earned an undergraduate degree in military and strategic studies, then spent several months in Afghanistan.

"No days off for four-and-a-half months, working 16 to 20 hours days with your colleagues in a high threat environment.

"That was stressful."

He had to learn to think logically through problems and work well in a team under extreme stress. It's training he knows will serve him well in finance, combined with the experience and international contacts he acquired through Rotman.

"If you want the global perspective and some additional tools from which to see the world, it is a great program."

TORSTAR NEWS SERVICE

Scholarships

The following is a list of entrance scholarships available for the Omnium Global Executive MBA

- The Omnium Global Executive MBA Fellowship Award for Non-Profit Managers: $10,000
- Academic Director Award for Women Managers: $10,000
- The Omnium Global Executive MBA Fellowship Award for Excellence in an Emerging Market: $10,000
- The Rotman School of Management Award for Excellence in Leadership: $10,000
- The University of St. Gallen Award for Excellence in Academics: $10,000
- The Omnium Global Executive MBA Fellowship Award for Entrepreneurs: $10,000
- All scholarships listed are in Canadian dollars
- An awards committee selects applicants for each scholarship
- For more information visit omniumgemba.com/admissions_and_fees/scholarships.aspx

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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#10 in the world); *Forbes* (6th best non-US school); The Aspen Institute, a US think tank (#1 in the world in Social and Environmental Leadership); and *Expansión* (#18 in the world) in their most recent global MBA surveys. They also rank the Schulich MBA #1 in Canada.

ISTOCK

▶ Working professionals can earn their MBA online through Athabasca University and Royal Roads University.

Going online

At these schools, you only meet your classmates on vacation time

ERIC EMIN WOOD
FOR METRO CANADA

For working professionals, earning your MBA by physically going back to school might not be an option. But registering online could be.

At Victoria's Royal Roads University, students begin with an intense three-week residence on campus. They "pretty much interact with their colleagues 24 hours a day," says Dr. Pedro Marquez, dean of Royal Roads' faculty of management. "By the time they leave, they know each other on a first-name basis." Students return to the school for another three weeks at the end of the 17-month program.

At Alberta's Athabasca University, most courses are offered three times a year. Each course is divided into groups of 24 students, with each group taught by its own academic coach. "Each coach is a professor with a PhD as well as industry experience, so that they're able to bring that theory and practice together in a meaningful way," says Dr. Deborah Hurst, the program's director.

Like their counterparts at Royal Roads, Athabasca students must take at least one course — a five-day elective — on-site. Some of these are held in overseas financial centres such as Sao Paolo, London, and Singapore, in addition to New York, Ontario and Alberta.

For more information, visit royalroads.ca or athabascau.ca

Online or in person?

"If you can go back to school full-time, take it," says Marquez. "Many behavioural skills are very difficult to teach in an online environment." Hence Royal Roads' blended model.

However, online has its advantages. "It doesn't matter where you are geographically," says Hurst. Athabasca's instructors come from the UK, Germany, Austria, the US and Singapore in addition to Canada. "We're not limited by who can drop everything in their life and move here."

Students become used to connecting with international professionals, who often interact online anyway.

Another advantage is flexibility — Athabasca's students have five years to complete their degree.

ERIC EMIN WOOD

As Jose Bautista closes in on 50 home runs this season, the Blue Jays are left with some tough choices to make ◐ Should they reward him with a hefty new contract now, or wait to see if he can repeat this year's breakout performance next season?

MARC SEROTA/GETTY IMAGES

▶ Jose Bautista is nearing the end of one of the best offensive seasons in Blue Jays history.

Bautista's future: Big stats, big questions

As the numbers have grown, so has the quandary.

Jose Bautista, one swing away from becoming just the 26th major leaguer to reach the 50-homer plateau, is nearing the end of one of the best offensive seasons by a member of the Toronto Blue Jays. Yet, the bigger his year gets, the more complicated it has made one of the biggest questions facing the club this winter.

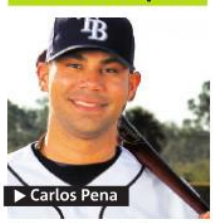
Exactly how much stock should be placed in Bautista's record-breaking breakout?

His track record says not much. Baseball history tends to agree. And the safe bet is to dismiss the more than three-fold increase in home runs as a fluke.

But then it's also possible that his performance isn't an anomaly. Maybe the Blue Jays stumbled into one of game's elite sluggers through a waiver-wire claim from a team eager to discard him. And maybe all he needed was the right instruction, the right opportunity and the right environment.

The 29-year-old went into the 2010 season with a career high of 16 homers.

Flash in the pan?



▶ Carlos Pena

History shows that players who have posted big increases in home runs have a mixed record.

- **Tampa Bay Rays first baseman Carlos Pena** launched a career-high 46 homers in 2007 at age 29 and has followed that up with totals of 31, 39 and 27 home runs so far this season.
- **Chicago White Sox outfielder Carlos Quentin** broke out with 36 homers in 2008 at age 25 but has declined to 21 and 25 homers since with a drop in all his other numbers, too.
- **Former Orioles outfielder Brady Anderson** launched 50 homers in 1996 but never had more than 24 in any of his other 15 big-league seasons.

So the Blue Jays have some deep thinking to do with regards to Bautista, whose $2.4-million salary this season will likely rise to the $6 million to $8 million range in his final year of arbitration eligibility. He can then become a free agent after the 2011 season.

Even if he reverts to a player who bats .250 with a .340 on-base percentage and 25 homers and 90 RBIs, he's of tremendous value given his plus defence in right field and at third base, and clubhouse status as an intermediary between the American and Latino quarters.

But it's unclear if Bautista will accept the corresponding salary, or look to get paid like the best boppers in the game.

A long-term deal this winter is only likely to happen if it mitigates risk for the Blue Jays. Otherwise, they may very well let Bautista's play in 2011 answer the question before making their decision. But by then, the price may have gone up dramatically, with the possibility of other bidders in the room.

Two weeks remain before the cheering ends. Then the challenge looms.

THE CANADIAN PRESS

Year by year

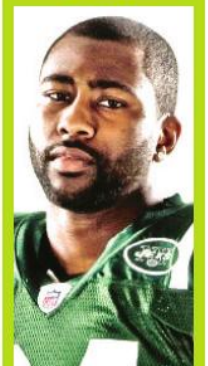
2000
Bautista is chosen in the 20th round of the draft by the Pittsburgh Pirates. He had what scouts like to call projectability, but he struggled to fully capitalize on his natural talents.

2003
He was left unprotected for the Rule 5 draft and was taken by Baltimore. Is waived by Orioles, sold by Rays, traded by Royals and then flipped by Mets back to Pirates.

2008
The Pirates gave up on him a second time and he was claimed on waivers Aug. 21 by the Blue Jays.

2009
After Jays hitting coach Dwayne Murphy and manager Cito Gaston help him remake his swing, he hits 10 home runs in 30 games to end the season.

Quoted



"I'm not going to step out on the field until I actually feel 100 per cent. Right now, it's tight. I can feel that it's tight. Once I don't feel that tightness anymore, that's when I'll get out on the field."
JETS CORNERBACK DARRELLE REVIS, ON HIS STRAINED LEFT HAMSTRING

"With hamstrings, you really can't tell. Could he play in nickel situations? Is it best to rest him the whole time? We've got to be smart with this one."
JETS COACH REX RYAN

Scan code for more sports

Sports in brief

Mascot attack was planned

FOOTBALL. The man behind the Ohio University Bobcat who wrestled Ohio State's Brutus to the ground says he tried out for the mascot job with the goal of tackling the Buckeye.

A mascot tussle before Saturday's football game at Ohio Stadium led to an apology from Ohio University and the banning of Brandon Hanning from further affiliation with the school's athletics department.

Drury will miss 4 weeks

RANGERS. Rangers captain Chris Drury is out for four weeks because of a broken left index finger.

The 34-year-old centre was injured while blocking a shot yesterday during a scrimmage. Drury will likely be sidelined for the entire pre-season and at least the regular-Oct. 9 season opener at Buffalo.

Bills switch quarterbacks

NFL. Buffalo Bills coach Chan Gailey wasted no time in trying to find a spark to his anemic offence by announcing Ryan Fitzpatrick will replace Trent Edwards as the team's starting quarterback.

Gailey announced the move after team meetings yesterday, a day after the offence showed no signs of life for the second week in row in a 34-7 loss at Green Bay.

THE ASSOCIATED PRESS

Kolb in, Vick out as Eagles quarterback

Vick reduced to backup role against Jacksonville Sunday as Kolb scheduled to return from injury

Michael Vick is more likely to begin the game at wide receiver than quarterback this week.

Philadelphia Eagles coach Andy Reid said Kevin Kolb will be the starting quarterback Sunday at Jacksonville, despite a pair of impressive performances by Vick.

Kolb has been cleared to practise after missing the second half of a season-opening loss to Green Bay and Sunday's win over Detroit because of a concussion. So he will start unless he has a setback this week.

Vick still will play in Philadelphia's version of the wildcat offence. In the first play of the season, he lined up as a receiver.

"I think it's a beautiful situation," Reid said yesterday. "I look at it a lot differently than other people look at it.

"I've got two quarterbacks that can play at a very important position. I'm a happy guy about it. There are a lot of teams that don't have good quarterbacks, ones that they feel like they can win with, and I feel like we can with both of those guys."

PAUL SANCYA/THE ASSOCIATED PRESS

▶ Philadelphia Eagle Michael Vick

Vick threw for 175 yards and one touchdown and ran for 103 in a 27-20 loss to the Packers, nearly rallying the Eagles to victory from a 17-point deficit. He had 284 yards passing and two TDs in a 35-32 win over the Lions in his first start in almost four years.

A three-time Pro Bowl pick during six seasons in Atlanta, Vick missed two seasons while serving an 18-month sentence in federal prison for his role in a dogfighting operation.

THE ASSOCIATED PRESS

QB reshuffling

Vick wasn't the only quarterback involved in a reshuffling.

- Rookie Jimmy Clausen will start over Matt Moore when the Panthers (0-2) play the Cincinnati Bengals Sunday.
- Oakland's Jason Campbell was benched in favour of Bruce Gradkowski, who led the Raiders to a 16-14 win over St. Louis Sunday, and this week's starter against Arizona has not yet been announced.

Leafs all business when it comes to cuts

Number of players at training camp expected to drop quickly

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Mike Brennan fights with Luca Caputi yesterday.

Don't look for the Leafs to waste much more than the next four days getting their 64-player training camp whittled down to a group of about 27.

"I'm not going to spend a lot of time giving reasons why they're here or why they're not, and I think players will know why they're not here," Leafs coach Ron Wilson said as the Leafs wrapped up a third day of scrimmages in preparation for the team's first exhibition game —tonight at home against Ottawa.

"This isn't babysitting or kindergarten … where you give an explanation. Hopefully, we'll have the group down to 26 or 27 by the weekend and I can do my job to prepare the team (for the start of the season)."

Wilson's comments represent a certain shift in attitude from Leafs camp a year ago when several young players were kept on the pre-season roster down to the last exhibition game.

With the acquisition of several proven NHL talents — including former Stanley Cup winner Kris Versteeg — Wilson and Leafs management have stressed intensity and physicality.

It also appears the coach would like a working roster — or a group very close to it — earlier on in camp.

Camp shifts to games the next four nights against the Senators and Flyers — a stretch that should give management ample time to decide the roster makeup.

In the meantime, the intensity is way up — as evidenced by two scraps yesterday.

Mike Komisarek and Jay Rosehill turned on each other in a mild scrap. Moments later, Luca Caputi and Mike Brennan dropped the gloves in a more spirited bout.

The Leafs can work out their pent up intensity beginning tonight when they host the Senators.

The club plays the Senators again at the Air Canada Centre tomorrow, then plays Philadelphia (in London) Thursday and the Flyers again Friday at home.

TORSTAR NEWS SERVICE

BLUE-LINERS

Skate guards are in

Most defencemen at Maple Leafs camp, and especially the ones expected to be on the NHL roster, are wearing the clear plastic skate guards used last year by the Montreal Canadiens and other teams.

Top blue-liners Mike Komisarek, Francois Beauchemin and Carl Gunnarsson wore the skate guards yesterday during scrimmages.

The guards help players protect their feet when blocking pucks.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
New York	91	59	.607	—	—	4-6	W-1	50-25	41-34
Tampa Bay	89	60	.597	1½	—	5-5	L-2	46-29	43-31
Boston	83	67	.553	8	6½	5-5	L-1	43-33	40-34
Toronto	75	74	.503	15½	14	3-7	L-1	39-33	36-41
Baltimore	60	90	.400	31	29½	7-3	W-2	34-43	26-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	90	60	.600	—	—	7-3	W-1	50-25	40-35
Chicago	79	70	.530	10½	10	2-8	L-6	40-34	39-36
Detroit	76	74	.507	14	13½	6-4	W-4	48-28	28-46
Cleveland	62	88	.413	28	27½	5-5	L-2	32-42	30-46
Kansas City	61	88	.409	28½	28	4-6	L-1	34-40	27-48

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	83	65	.561	—	—	8-2	L-1	48-26	35-39
Oakland	74	74	.500	9	14½	6-4	W-1	44-30	30-44
Los Angeles	73	76	.490	10½	16	7-3	W-1	38-34	35-42
Seattle	57	92	.383	26½	32	2-8	W-1	35-42	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	90	61	.596	—	—	9-1	W-8	49-27	41-34
Atlanta	86	65	.570	4	—	6-4	L-1	52-23	34-42
Florida	74	75	.497	15	11	4-6	W-1	36-39	38-36
New York	74	76	.493	15½	11½	5-5	L-3	44-30	30-46
Washington	62	88	.413	27½	23½	2-8	L-4	35-37	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	85	66	.563	—	—	5-5	W-1	45-30	40-36
St. Louis	77	72	.517	7	8	4-6	L-1	46-28	31-44
Houston	73	77	.487	11½	12½	6-4	W-2	41-37	32-40
Milwaukee	69	80	.463	15	16	4-6	L-2	36-39	33-41
Chicago	68	81	.456	16	17	8-2	W-6	33-42	35-39
Pittsburgh	51	98	.342	33	34	4-6	W-3	36-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	84	66	.560	—	—	6-4	W-1	45-30	39-36
San Diego	83	66	.557	½	2	4-6	L-1	42-32	41-34
Colorado	82	67	.550	1½	3	7-3	L-1	51-24	31-43
Los Angeles	73	77	.487	11	12½	4-6	W-1	42-33	31-44
Arizona	59	91	.393	25	26½	2-8	L-3	35-40	24-51

AMERICAN LEAGUE

Last night's results
Detroit 7 Kansas City 5
N.Y. Yankees 8 Tampa Bay 6
Baltimore 4 Boston 2
Minnesota 9 Cleveland 3
Chicago White Sox at Oakland
Texas at L.A. Angels
Sunday's results
Boston 6 Toronto 0
Baltimore 4 N.Y. Yankees 3 (11 ings)
L.A. Angels 6 Tampa Bay 3
Kansas City 6 Cleveland 4
Oakland 6 Minnesota 2
Seattle 2 Texas 1
Detroit 9 Chicago White Sox 7 (11 ings)
Tonight's games
(All times Eastern)
Kansas City (Chen 10-7) at Detroit (Galarraga 4-6), 7:05 p.m.
Tampa Bay (J.Shields 13-12) at N.Y. Yankees (P.Hughes 16-8), 7:05 p.m.
Seattle (French 4-5) at Toronto (Rzepczynski 1-4), 7:07 p.m.
Baltimore (Bergesen 7-10) at Boston (C.Buchholz 16-7), 7:10 p.m.
Cleveland (Carmona 12-14) at Minnesota (S.Baker 12-9), 8:10 p.m.
Chicago White Sox (Buehrle 12-11) at Oakland (Cahill 16-7), 10:05 p.m.
Texas (C.Lewis 11-12) at L.A. Angels (E.Santana 16-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Florida 4 St. Louis 0
Philadelphia 3 Atlanta 1
Houston 8 Washington 2
Cincinnati 5 Milwaukee 2
Sunday's results
Atlanta 6 N.Y. Mets 3
Chicago Cubs 13 Florida 3
Pittsburgh 4 Arizona 3
Philadelphia 7 Washington 6
Houston 4 Cincinnati 3
St. Louis 4 San Diego 1
San Francisco 9 Milwaukee 2
L.A. Dodgers 7 Colorado 6 (11 ings)
Tonight's games
(All times Eastern)
Atlanta (Minor 3-1) at Philadelphia (Halladay 19-10), 7:05 p.m.
Houston (Happ 6-2) at Washington (Lannan 8-7), 7:05 p.m.
St. Louis (Westbrook 2-3) at Pittsburgh (Maholm 7-15), 7:05 p.m.
N.Y. Mets (Pelfrey 15-9) at Florida (Mendez 1-1), 7:10 p.m.
San Francisco (M.Cain 12-10) at Chicago Cubs (Zambrano 9-6), 8:05 p.m.
Cincinnati (Volquez 3-3) at Milwaukee (Bush 7-12), 8:10 p.m.
Colorado (De La Rosa 8-4) at Arizona (J.Saunders 2-6), 9:40 p.m.
San Diego (Richard 12-8) at L.A. Dodgers (Billingsley 11-10), 10:10 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
Tampa Bay	89	59	.601	-
Boston	83	66	.557	6.5
Chi White Sox	79	70	.530	10.5

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	86	65	.570	-
San Diego	83	66	.557	2.0
Colorado	82	67	.550	3.0
St. Louis	77	72	.517	8.0
Florida	74	75	.497	11.0

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	8	3	0	344	250	16
Hamilton	11	6	5	0	270	286	12
Toronto	11	6	5	0	237	293	12
Winnipeg	11	3	8	0	291	290	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	11	9	2	0	396	245	18
Saskatchewan	11	7	4	0	321	304	14
B.C.	11	3	8	0	276	295	6
Edmonton	11	2	9	0	200	372	4

Friday's game
(All times Eastern)
Montreal at Winnipeg, 8 p.m.
Saturday's games
Saskatchewan at Hamilton, 6:30 p.m.
B.C. at Calgary, 9:30 p.m.
Sunday's game
Edmonton vs. Toronto (at Moncton, N.B.), 12 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS
Through Sept. 19

1. Denny Hamlin, 5,230 points; 2. Clint Bowyer, 5,195; 3. Kevin Harvick, 5,185; 4. Kyle Busch, 5,168; 5. Jeff Gordon, 5,155; 6. Kurt Busch, 5,144; 7. Jimmie Johnson, 5,138; 8. Carl Edwards, 5,135; 9. Greg Biffle, 5,122; 10. Jeff Burton, 5,118.

11. Tony Stewart, 5,106; 12. Matt Kenseth, 5,094; 13. Ryan Newman, 3,221; 14. Jamie McMurray, 3,220; 15. David Reutimann, 3,132; 16. Juan Pablo Montoya, 3,132; 17. Mark Martin, 3,098; 18. Dale Earnhardt, Jr., 3,068; 19. Kasey Kahne, 3,053; 20. Martin Truex, Jr., 2,987.

IRL INDYCAR

POINTS LEADERS
Through Sept. 19

1. Will Power, 587 points; 2. Dario Franchitti, 575; 3. Helio Castroneves, 501; 4. Scott Dixon, 497; 5. Ryan Briscoe, 450; 6. Ryan Hunter-Reay, 426; 7. Tony Kanaan, 418; 8. (tie), Dan Wheldon and Marco Andretti, 366; 10. Justin Wilson, 349.

11. Danica Patrick, 327; 12. Alex Tagliani, Lachenaie, Que., 286; 13. Vitor Meira, 282; 14. (tie), Raphael Matos and Mario Moraes, 277; 16. E.J. Viso, 250; 17. Alex Lloyd, 248; 18. Hideki Mutoh, 238; 19. Simona de Silvestro, 230; 20. Graham Rahal, 215.

21. Takuma Sato, 202; 22. Bertrand Baguette, 198; 23. Milka Duno, 172; 24. Mario Romancini, 149; 25. Mike Conway, 110; **26. Paul Tracy, Toronto, 91**

NFL

WEEK 2

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	2	0	0	1.000	29	20
N.Y. Jets	1	1	0	.500	37	24
New England	1	1	0	.500	52	52
Buffalo	0	2	0	.000	17	49

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	64	51
Jacksonville	1	1	0	.500	37	55
Tennessee	1	1	0	.500	49	32
Indianapolis	1	1	0	.500	62	48

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	2	0	0	1.000	34	20
Cincinnati	1	1	0	.500	39	48
Baltimore	1	1	0	.500	20	24
Cleveland	0	2	0	.000	28	33

WEST

	W	L	T	Pct	PF	PA
Kansas City	2	0	0	1.000	37	28
San Diego	1	1	0	.500	52	34
Denver	1	1	0	.500	48	38
Oakland	1	1	0	.500	29	52

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	1	0	.500	40	37
N.Y. Giants	1	1	0	.500	45	56
Philadelphia	1	1	0	.500	55	59
Dallas	0	2	0	.000	27	40

SOUTH

	W	L	T	Pct	PF	PA
Tampa Bay	2	0	0	1.000	37	21
New Orleans	2	0	0	1.000	39	31
Atlanta	1	1	0	.500	50	22
Carolina	0	2	0	.000	25	51

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Detroit	0	2	0	.000	46	54
Minnesota	0	2	0	.000	19	28

WEST

	W	L	T	Pct	PF	PA
Seattle	1	1	0	.500	45	37
Arizona	1	1	0	.500	24	54
San Francisco	0	2	0	.000	28	56
St. Louis	0	2	0	.000	27	33

Last night's result
New Orleans 25 San Francisco 22
Sunday's results
Atlanta 41 Arizona 7
Chicago 27 Dallas 20
Cincinnati 15 Baltimore 10
Denver 31 Seattle 14
Green Bay 34 Buffalo 7
Houston 30 Washington 27 (OT)
Kansas City 16 Cleveland 14
Miami 14 Minnesota 10
N.Y. Jets 28 New England 14
Oakland 16 St. Louis 14
Philadelphia 35 Detroit 32
Pittsburgh 19 Tennessee 11
San Diego 38 Jacksonville 13
Tampa Bay 20 Carolina 7
Indianapolis 38 N.Y. Giants 14

BETTING

PRO LINE LOTTERY ODDS

TUESDAY, SEPT. 21

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
32	BBL	ATL	PHI	3.6	2.8	3.2	1.2	1.3	1.9	8.5	1.55
33	BBL	HOU	WAS	2	1.65	2.75	1.75	2.1	—	—	—
34	BBL	KC	DET	2.7	2.3	3	1.35	1.6	1.9	9.5	1.55
35	BBL	STL	PIT	1.7	1.4	3	2.2	2.6	1.8	8.5	1.6
36	BBL	TB	NYY	2.5	2.1	3	1.45	1.75	1.8	9.5	1.6
37	BBH	CRAW	RCAN	2.6	2.3	3.2	1.9	2.1	—	—	—
38	BBL	SEA	TOR	2.4	2	3	1.5	1.8	1.6	8.5	1.8
39	BBL	BAL	BOS	3.25	2.65	3.2	1.25	1.4	1.6	8.5	1.8
40	BBL	NYM	FLA	2.2	1.8	2.8	1.6	1.9	1.8	8.5	1.6
41	BBL	SF	CHIC	1.85	1.55	2.9	1.9	2.3	—	—	—
42	BBL	CIN	MIL	1.9	1.6	2.8	1.8	2.2	2	9.5	1.5
43	BBH	JVOT	FIEL	2.1	1.9	3.2	2.3	2.6	—	—	—
44	BBL	CLE	MIN	2.5	2.1	3	1.45	1.75	1.8	8.5	1.6
45	BBL	COL	ARZ	1.75	1.45	3	2.1	2.5	1.8	9.5	1.6
46	BBL	CWS	OAK	2.5	2.1	3	1.45	1.75	—	—	—
47	BBL	TEX	LAA	2	1.65	2.75	1.75	2.1	1.9	8.5	1.55
48	BBL	SD	LAD	2.1	1.75	2.75	1.65	2	—	—	—
78	2:00p	SCR	MALL	ATHL	—	3.4	3	1.9	—	—	—
79	2:00p	SCR	RSC	OSAS	—	3.2	3	2	—	—	—
80	2:45p	SCR	BLT	BURN	—	2.4	2.8	2.7	—	—	—
81	2:45p	SCR	FUL	STOK	—	2.8	3	2.2	—	—	—
82	2:45p	SCR	WHU	SUN	—	4	3.2	1.7	—	—	—
83	2:45p	SCR	ARL	TTH	—	2.8	3	2.2	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

TENNIS

WTA HANSOL KOREA OPEN

At Seoul, South Korea
Singles
First Round
Alisa Kleybanova (5), Russia, def. Chang Kai-chen, Taiwan, 6-2, 6-3.
Ksenia Pervak, Russia, def. Chan Yung-jan, Taiwan, 6-4, 7-5.
Elena Baltacha, Britain, def. Kim So-jung, South Korea, 6-3, 6,4.
Ekaterina Makarova, Russia, def. Iveta Benesova, Czech Republic, 6-2, 3-6, 7-5

WTA TASHKENT OPEN

At Tashkent, Uzbekistan
Singles
First Round
Elena Vesnina (4), Russia, def. Lesya Tsurenko, Ukraine, 6-3, 6-2.
Stefanie Voegele, Switzerland, def. Alina Abdurakhimova, Uzbekistan, 6-3, 6-1.
Evgeniya Rodina, Russia, def. Arina Rodionova, Russia, 7-6 (3), 6-3.
Ekaterina Ivanova, Russia, def. Katie O'Brien, Britain, 7-5, 6-1.
Doubles
First Round
Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, def. Akgul Amanmuradova, Uzbekistan, and Darya Kustova (3), Belarus, 7-5, 7-6 (13).

ATP BCR OPEN ROMANIA

At Bucharest, Romania
Singles
First Round
Filippo Volandri, Italy, def. Lukasz Kubot, Poland, 6-3, 6-0.
Doubles
First Round
Santiago Gonzalez, Mexico, and Travis Rettenmaier, U.S., def. Andreas Seppi and Simone Vagnozzi, Italy, 6-4, 6-4.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
ATLANTA BRAVES—Called up RHP Brandon Beachy from Gwinnett (IL). Recalled 3B Brandon Hicks from Gwinnett and placed him on the 60-day DL.
HOUSTON ASTROS—Announced a player development contract with Oklahoma City (PCL). Extended its player development contract with Tri-City (NYP) through the 2012 season.

BASKETBALL

NBA

NEW JERSEY NETS—Promoted Mike Zavodsky to vice president of new corporate marketing ventures.

FOOTBALL

NFL

LEAGUE OFFICE—Announced the resignation of chief financial officer Anthony Noto, effective Oct. 4.
PITTSBURGH STEELERS—Re-signed QB Byron Leftwich.
SAN FRANCISCO 49ERS—Signed CB Tramaine Brock from the practice squad. Waived LB Diyral Briggs.

HOCKEY

NHL

COLUMBUS BLUE JACKETS—Signed G Steve Mason to a two-year contract extension.
PITTSBURGH PENGUINS—Signed general manager Ray Shero to a five-year contract extension through the 2015-16 season.
ST. LOUIS BLUES—Released F Nick MacNeil.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	25	13	7	5	33	27	44
New York	25	13	8	4	32	27	41
Toronto FC	25	8	10	7	24	28	31
Kansas City	23	8	9	6	24	24	30
Chicago	23	6	9	8	28	31	26
New England	24	7	14	3	24	41	24
Philadelphia	24	6	12	6	27	39	24
D.C.	25	5	17	3	17	39	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	15	5	5	38	19	50
Real Salt Lake	25	13	4	8	38	16	47
FC Dallas	24	11	2	11	31	19	44
Colorado	24	10	7	7	32	24	37
San Jose	23	10	7	6	25	23	36
Seattle	25	10	9	6	30	29	36
Chivas USA	24	7	13	4	25	31	25
Houston	24	6	13	5	29	40	23

Tomorrow's game
(All times Eastern)
New England at FC Dallas, 8:30 p.m.
Friday's game
New York at Los Angeles, 11 p.m.
Saturday's games
Chivas USA at Philadelphia, 4 p.m.
San Jose at Toronto FC, 4 p.m.
Houston at D.C. United, 7:30 p.m.
Columbus at New England, 7:30 p.m.
FC Dallas at Kansas City, 8 p.m.
Seattle FC at Chicago, 8 p.m.
Colorado at Real Salt Lake, 10 p.m.

GOLF

PGA TOUR

FEDEXCUP LEADERS
Through Sept. 12

Rank	Name	Pts	Money
1.	Matt Kuchar	4,935	$4,753,727
2.	Dustin Johnson	4,299	$4,336,622
3.	Charley Hoffman	3,449	$2,289,646
4.	Steve Stricker	3,372	$4,062,735
5.	Paul Casey	3,015	$3,283,194
6.	Jason Day	2,633	$2,757,327
7.	Luke Donald	2,597	$2,855,234
8.	Ernie Els	2,343	$4,311,361
9.	Martin Laird	2,294	$1,639,528
10.	Phil Mickelson	2,249	$3,685,233
11.	Jim Furyk	2,121	$3,459,622
12.	Geoff Ogilvy	2,121	$2,214,545
13.	Justin Rose	2,105	$3,441,331
14.	Adam Scott	2,083	$2,364,902
15.	Hunter Mahan	2,058	$3,402,391
16.	Ryan Palmer	1,988	$2,678,611
17.	Retief Goosen	1,976	$2,700,589
18.	Bubba Watson	1,948	$3,051,998
19.	Zach Johnson	1,896	$2,624,868
20.	Kevin Na	1,837	$1,862,224
21.	Tim Clark	1,757	$3,205,431
22.	Ben Crane	1,732	$2,694,500
23.	K.J. Choi	1,725	$1,952,462
24.	Jeff Overton	1,669	$3,334,856
25.	Camilo Villegas	1,621	$2,827,398
26.	Ryan Moore	1,610	$2,166,698
27.	Robert Allenby	1,604	$2,619,997
28.	Nick Watney	1,584	$2,057,289
29.	Kevin Streelman	1,575	$1,181,724
30.	Bo Van Pelt	1,572	$2,630,258

WORLD GOLF RANKING

Through Sept. 19

1.	Tiger Woods	USA	9.22
2.	Phil Mickelson	USA	8.66
3.	Lee Westwood	Eng	8.45
4.	Steve Stricker	USA	7.87
5.	Martin Kaymer	Ger	7.18
6.	Jim Furyk	USA	6.50
7.	Paul Casey	Eng	6.16
8.	Rory McIlroy	Nir	5.66
9.	Luke Donald	Eng	5.45
10.	Matt Kuchar	USA	5.45
11.	Ernie Els	SAf	5.41
12.	Dustin Johnson	USA	5.08
13.	Graeme McDowell	Nir	4.83
14.	Ian Poulter	Eng	4.81
15.	Hunter Mahan	USA	4.72
16.	Edoardo Molinari	Ita	4.68
17.	Retief Goosen	SAf	4.37
18.	Zach Johnson	USA	4.19
19.	Anthony Kim	USA	4.16
20.	Louis Oosthuizen	SAf	4.05

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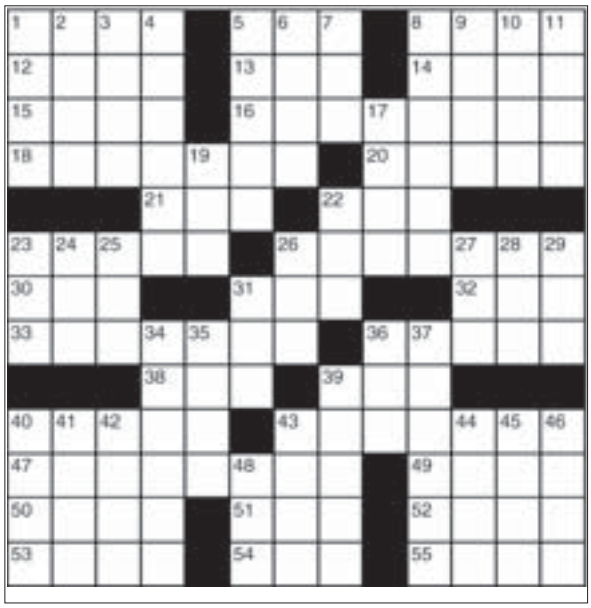
Crossword



Across

1 "Scram!"
5 Kitten's call
8 Information
12 Arizona tribe
13 Judge Lance
14 Wander
15 Sheltered
16 "— of Arabia"
18 Construction worker
20 Ancient Greek theater
21 Longing
22 Suitcase
23 Restaurant request
26 "Cold Mountain" actor
30 Hockey milieu
31 Crucial
32 Fuss
33 Docket entry
36 Newsstand, e.g.
38 Branch
39 Family
40 Straighten
43 Loses vitality
47 Cabbage recipe
49 Needle case
50 Tattoo parlor supply
51 "The Greatest"
52 McNally partner
53 Odometer stat
54 "Of course"
55 Otherwise

Down

1 Persian bigwig of yore
2 Soda pop choice
3 Mimic
4 Color a shirt, hippie-style
5 Italian city
6 Coup d'—
7 "Holy mackerel!"
8 Coat with flour
9 Top-notch
10 Mexican entree
11 Prayer ending
17 Highway
19 That girl
22 Purchase
23 Lubricate
24 HDTV brand
25 Morning moisture
26 Lustrous black
27 "7 Faces of Dr. —"
28 Billboards
29 Stir-fry vessel
31 Actress Novak
34 Most judicious
35 Ornamental vases
36 Caboodle's partner
37 Belong naturally
39 New Zealanders
40 Hydrochloric, e.g.
41 Actress Anderson
42 Sorts
43 Corduroy ridge
44 And others (Lat.)
45 Gallops
46 Faction
48 Deposit

▶ Yesterday's answer

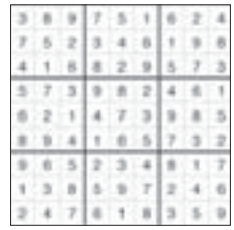
Sudoku

			9	4			1	2
8	2			3	5			4
	9				2		4	
	1	6				8	9	
	7		3				5	
5			1	8			7	9
7	4			6	3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

May I'm truly in love with you and i miss you every single day in my life. Soon we gonna be together and everything is gonna be fine. Hold on our love and keep our trust and faith. I love you so much.
LOVE ALWAYS NEERED

Hii squishy bug! I just wanna say that I think of you all the time.. I care for you a lott. I know I haven't been my best, but I appreciate every moment that I spend with you, and all you've done for me!
YOURS, POOCHII

For the last few days I have seen how it would be without you, and realized that I can't spend a single day without you ... You mean the world to me and I never want to give that up. You make me smile, you are my happiness, you are my one true love, you are my everything. **I LOVE YOU PINKY XOXO**

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 You won't stand for any kind of nonsense today. You have lots to do and not much time in which to do it and anyone who wastes that time will soon regret it!

♉ Taurus April 21-May 21 You may have very good reasons to get angry with someone today but if you look a little further ahead you will see that, one day, you are most likely going to need their assistance. Be tactful.

♊ Gemini May 22-June 21 A problem you thought had a simple solution will turn into an even bigger and more bewildering problem today, thanks to the negative influence of retrograde Jupiter.

♋ Cancer June 22-July 22 You may think that no one has noticed your little mistake but towards the end of the day you will be reminded of the fact that everything in life must even out in the end.

♌ Leo July 23-Aug.23 The Sun opposes Uranus, planet of upheavals, so something in your life will be disrupted, maybe in a small way, maybe in a big way, but certainly in a way that demands you take action.

♍ Virgo Aug. 24- Sept. 22 You will be quite vocal today in your condemnation of what a friend or work colleague is up to. You don't just disagree with it in principle, you think it will have a negative knock-on effect on you and others.

♎ Libra Sept. 23-Oct. 23 Some kind of upheaval is on the cosmic cards today and you may have to fight dirty if you want to come out ahead of the game financially. You can do that, can't you Libra?

♏ Scorpio Oct. 24-Nov. 22 All change is good in the long-term, even though it sometimes looks bad to begin with, so don't get too worked up by what happens today.

♐ Sagittarius Nov. 23-Dec. 21 You must approach people in the right way today, especially on the work front where you might be tempted to come on a bit strong. Not everyone is as robust as you and some people have fragile egos.

♑ Capricorn Dec. 22-Jan. 20 You don't doubt your abilities, but someone you work alongside is not convinced and will ask that you prove yourself today. Don't hold back. Dazzle them with your brilliance.

♒ Aquarius Jan. 21-Feb. 18 You need to take care when traveling , especially if you are the kind of Aquarius who enjoys the thrill of moving fast. Don't take risks. Also, steer clear of contentious issues.

♓ Pisces Feb. 19-March 20 Go your own way and do your own thing but don't expect much sympathy or support from other people. Not everyone can see what you can see, nor is there any reason why they should. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

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- TIME magazine
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Deals of the week

NON-STOP FLIGHTS

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Cayo Coco/ Cayo Guillermo

TRYP Cayo Coco • 4★

All-Inclusive • Standard rm.
Oct. 9 & 16 • 1 wk.

$439
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Holguin

Playa Costa Verde • 4★

All-Inclusive • Standard rm.
Oct. 9, 16 & 23 • 1 wk.

$439
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Oct. 2 – 24 • 1 wk.

$439
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

Santa Clara

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
Oct. 2 • 1 wk.

$489
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Puerto Plata

Bahia Principe San Juan • 4★

All-Inclusive • Standard rm.
Oct. 1 – 22 • 1 wk.

$559
+Taxes & other fees (including service charges): $316

Samana

Gran Bahia Principe El Portillo • 4 1/2★

All-Inclusive • Standard rm.
Oct. 3 – 24 • 1 wk.

PRIVILEGES
$589
+Taxes & other fees (including service charges): $316

Punta Cana

Gran Bahia Principe Punta Cana • 4 1/2★

All-Inclusive • Junior suite
Oct. 2, 16 & 23 • 1 wk.

$669
+Taxes & other fees (including service charges): $316

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2★

All-Inclusive • Deluxe rm.
Nov. 7, 21 & 28 • 1 wk.

$1059
+Taxes & other fees (including service charges): $214
Departure tax: 26 USD cash, paid locally

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★

All-Inclusive • Deluxe rm.
Dec. 12 • 1 wk.

$659
+Taxes & other fees (including service charges): $295

Grand Sirenis Riviera Maya Hotel & Spa • 5★

All-Inclusive • Junior suite
Dec. 12 • 1 wk.

$759
+Taxes & other fees (including service charges): $295

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Nov. 1, 2, 4, 5, 8 – 12, 15 – 18 & 22 – 30
1 wk.

PRIVILEGES
$899
+Taxes & other fees (including service charges): $287

SAINT LUCIA

The Village Inn & Spa • 3★

All-Inclusive • Standard rm.
Oct. 2 – 30 • 1 wk.

$1239
+Taxes & other fees (including service charges): $232

USA

LAS VEGAS

Bally's Las Vegas • 3 1/2★

Classic rm. • 25% savings
Nov. 23 & 30 • 4 nts.

$539
+Taxes & other fees (including service charges): $159

CRUISE

Carnival Cruise Line[1]

Carnival Victory®

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Oceanview stateroom, cat. 6B
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HWY: 5.8L/100KM (49 MPG) CITY: 7.1L/100KM (40 MPG) | HEATED FRONT SEATS | AIR CONDITIONING

CAR OF THE YEAR§

FORTE EX SHOWN

2010 KIA FORTE LX AT

SAVE $1,250◆ +3 PAYMENTS ON US* + 0% FINANCE APR FOR UP TO 60 MOS.**

HWY: 5.8L/100KM (49 MPG) CITY: 8.3L/100KM (34 MPG) | STEERING WHEEL AUDIO CONTROLS | AUTOMATIC TRANSMISSION

0% FINANCING FOR 5 YEARS ON ANY 2010**

+3 PAYMENTS ON US◆

★★★★★ Crash Test Rating NHTSA - Frontal impacts›

RONDO EX SHOWN

2010 KIA RONDO EX

SAVE $1,600◆ +3 PAYMENTS ON US* + 0% FINANCE APR FOR UP TO 60 MOS.**

HWY: 7.5L/100KM (38 MPG) CITY: 10.6L/100KM (27 MPG) | AIR CONDITIONING | 3-ROW SEATS AVAILABLE

INTRODUCING GREAT LEASE OFFERS ON 2011 MODELS

2010 SEDONA EX SHOWN

2011 KIA SEDONA

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Offer Includes: Delivery & Destination $1,650 | Fees $134

HWY: 6.3L/100KM (45 MPG) CITY: 9.5L/100KM (30 MPG) | REAR ENTERTAINMENT SYSTEM AVAILABLE | REAR-VIEW CAMERA AVAILABLE

All vehicles include: BLUETOOTH CONNECTIVITY° | MP3/USB INPUT

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0% purchase financing available on all 2010 Kia models for up to 60 months on approved credit (OAC). Cash back varies by model and trim. ◆ "3 Payments on Us" is available on all 2010MY purchase financing offers on approved credit. The payment amount is calculated based on the monthly payment (excluding applicable taxes) of a 5-year 0% purchase financing contract, each payment amounting to (MSRP + D&D + A/C Tax + Colour Charge)/60. This amount will be offered in the form of a cheque or may be applied to reduce the selling price of the vehicle. It is the responsibility of the customer to make all payments in accordance with the financing contract; this promotion does not in any way change its terms or void any due payments. ◆Finance credit for 2010 Rio (RIO54SA)/2010 Forte (FO74OA)/2010 Rondo (RN75ZA) is $2,500/$1,250/$1,600 based on the Manufacturer Suggested Retail Price (MSRP). Cash back varies by model and trim. ◆Monthly lease payment for 2011 Sedona (SD75JB) is $399 for 48 months at 5.9% lease APR and includes a cash credit of $1,000 with a $4,080 down payment. Total lease obligation is $23,256 with the option to purchase at end of term for $9,598. Lease has 20,000 km/year allowance (other packages available) and $0.10/km for excess. Delivery and Destination fees ($1,650), OMVIC fee, Environmental Fee and Air Tax (where applicable) included. All offers exclude licensing, registration, insurance, PPSA, applicable taxes and variable dealer administration fees (up to $699). ◆ $500 gas credit available on all 2010 and 2011 Kia Rio models on cash purchase, purchase financing, and lease offers while quantities last. $500 credit payable in form of a cheque or applied to reduce the selling price of the vehicle. Certain restrictions apply. See dealer for details. ◆ Highway/city fuel consumption for 2010 Rio EX (RIO54ZA) is 5.8 L (49 MPG)/7.1 L (40 MPG); 2010 Forte LX (FO54OA) is 5.8 L/(49 MPG)/8.3 L (34 MPG); 2011 Sedona (SD75JB) is 6.3 L (45 MPG)/9.5 L (30 MPG); 2010 Rondo (RN75IA) is 7.5L (38 MPG) / 10.6L (27 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. § The 2010 Kia Forte was awarded Car of the Year by NADAguides.com. To learn more please visit www.NADAguides.com. < Green Score for the 2010 Kia Rio based on specification within its segment. Refer to GreenerCars.org for full details. ›NHTSA (National Highway Traffic Safety Administration) test results. Visit www.safercar.gov for full details. °The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends September 30th, 2010. KIA is a trademark of Kia Motors Corporation.